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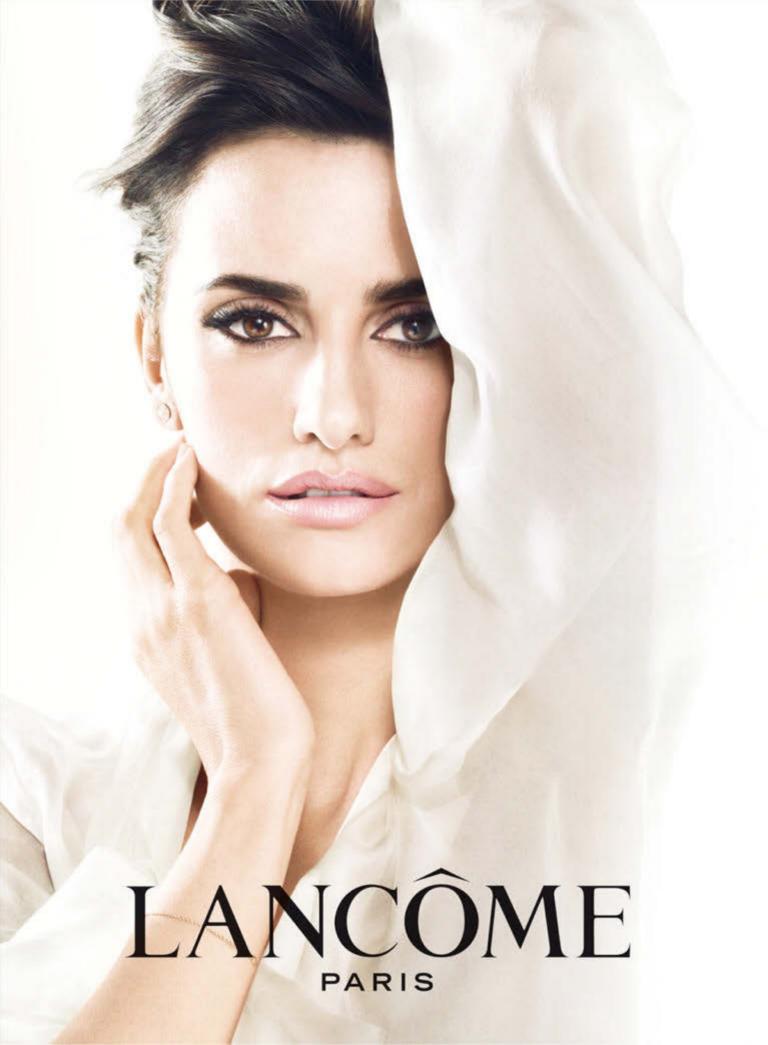


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Music festivals are about the music, yes, but along with that often come scorching temperatures, high humidity, and a boatload of dust or mud. That's not exactly a recipe for looking your best. We've pulled together a complete music-festival survival kit, including the coolest braids and the best beauty products to slip into your fringed bag. For more tips on expressing yourself at a festival, go to allure.com/festival.







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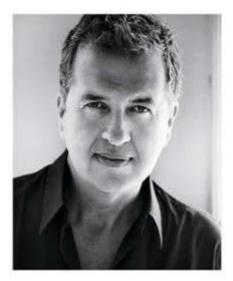
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# CLARINS

### Contributors



### MARIO TESTINO

"I was trying to capture the essence of a woman after motherhood, a beauty that needs no decoration," Testino says of photographing Blake Lively for "A New Life." Instead of dressing the fashion-minded actress in designer clothes, he and *Allure*'s creative director, Paul Cavaco, chose a buttondown shirt. "I've shot Blake many times, so there is a certain intimacy between us that makes it very easy to work together." Testino's favorite image wasn't for the magazine, however. "I took a portrait of Blake and her family after the shoot. It's a privilege to have documented this stage of their life together."



### **NORMAN JEAN ROY**

Roy has photographed nudes for decades, and he's honed his approach to the delicate situation. "I always create a comfortable space where people can surrender to the moment and allow me to capture not just the form but the spirit of their beauty," he says. For "Nothing to Hide," Roy was also inspired by "the femininity" of American photographer Paul Outerbridge's nude portraits. In the end, he captured images that were neither sexual nor sporty, but about "just being a beautiful woman disconnected from insecurities."



### **BROOKE HAUSER**

Hauser's interview with Blake Lively, whom she profiles in "A New Life," had a rough start. "I got stuck on a train for five hours in a snowstorm, and a car had to drive me the rest of the way," she says. Once the two sat down together for their third *Allure* interview, though, they caught up like old friends. "Blake was all the clichés: beautiful, happy, glowing. And she's done everything she had told me she wanted to do, like start a family and a business." But even multitasking actresses need rest. "I had to stay at an inn because of the weather, and Blake joked that she wanted to stay, too, and finally get some sleep."



### MARY H. K. CHOI

Despite the growing popularity of Korean spas, which Choi explores in "Stripped Down," the writer still sees these bath-and-sauna houses as "utilitarian and functional, like braces. I'd be surprised if they're ever considered truly chic." She is grateful for a few recent upgrades, even if they attract bigger crowds. "Some spas, especially in the '80s, looked like a *Saw* movie: tile everywhere, penitentiary lighting, a central drain. Now there'll be plaster Corinthian columns and signs labeling the herbal-treatment rooms. I appreciate that effort."



# allure ACCESS



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### Contributors



### MARNI GOLDEN

Golden coordinated her second celebrity nudes story, "Nothing to Hide," and now Allure's entertainment director has her strategy for enlisting the actresses down pat. "I stress the high caliber of our creative team and that this is an art shoot, not a bikini-babe spread," she says. "The set is always extra private and barricaded, with only essential crew, and each woman wears a robe until the moment she's photographed." Golden spent months seeking women who "play badass characters in film and TV." Plus, "it was really important to me to keep it diverse. All women look different, and these actresses are reflective of that."



### **GIAMPAOLO SGURA**

For his two *Allure* shoots this month, Sgura manipulated light and color to capture gingham prints and matchy-matchy makeup. He shot the clothing for "Blank Checks" against a white background, "like a classic Bill King '80s fashion shoot, with that same happy energy," says the photographer. For "Match Point," he wanted the model to look as if she'd swiped a paintbrush across her eyes. "The challenge was to match the makeup with the paint. It involved precise research into Pantone numbers." By the end of the day, the set had turned into its own art project. "People on the street were stopping to take pictures of our whole team."



### **SOPHIA PANYCH**

This was Panych's eighth season reporting on the shows in New York City, Milan, and Paris, and she interviewed dozens of hairstylists and makeup artists for "Looks We Love." "In the moment, no one is thinking, This is a trend. But it's amazing how things come together," says the *Allure* beauty editor. "Seeing the looks created firsthand, I learn so much about technique." At Balmain, she watched makeup artist Tom Pecheux use face oil in a completely new way. "He wanted the girls to look glow-y but like they weren't wearing makeup, so he mixed a few drops of oil into cream bronzer and buffed it into the skin. So cool!"



### JENNA ROSENSTEIN

At 23, Rosenstein is the same age her mother (with her at left) was when she received her first melanoma diagnosis, which made reporting and writing "Burn Notice" profoundly personal. "I finally got my soapbox to talk about sun safety and take my mother's story full circle," she says. One thing that shocked the *Allure* assistant editor was how infrequently people get screened for skin cancer: "Most young people don't know what a dermatologist is, let alone see one every year to get checked." Rosenstein applauds fair-skinned celebrities, like Emma Stone, for showing how beautiful *not* having a tan can be.

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### Feedback

How amazing does Kendall Jenner look in the March edition of *Allure* magazine? And that monkey...!

LJD via Facebook

Man, this hottie!! Kendall be lookin' flawless

@itsbrenda96
via Instagram

Look who's on my Allure magazine cover the month of March: @kendalljenner!!!

Love her makeup—very natural— and that she's getting more than 5 seconds of attention!

@noemic.\_
via Instagram

Allure, I love you and love your very informative guides to staying in shape, what beauty products are best, and awesome selections of perfume.

Devoted reader and subscriber for life.

Natasha Chavez

via Facebook

Kendall Jenner sent us this snap.



Yep, that's
our March cover star
@kendalljenner under there!
@allure\_magazine
via Instagram



I enjoy reading my
@allure\_magazine, but I really
love it when you include samples
in the magazine. Nice job
@allure\_magazine and thank you!
@like.mother.like.daughter
via Instagram



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@angiechavarria3

via Instagram

I love Allure magazine. It's one of my favorites, a lot of great beauty tips and reviews of new products.

@magdalina1982
via Twitter



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### Feedback

An article in March's Allure magazine makes me want to watch the new Cinderella movie just for the fashion!

Pamela Mickus

via Facebook



Love seeing the gorgeous
Charlotte Tilbury,
@CTilburyMakeup, in the
March issue of
@Allure\_magazine. She's fab!
@makamae94
via Twitter

### Over It

I am a longtime subscriber and love the magazine. I understand the need to cater to the masses, but I think most of us are bored to tears with the entire Jenner/Kardashian clan. I read the article on Kendall Jenner to try to understand the fascination but grew tired and couldn't finish it. These people are at best boring and at the very worst offensive opportunists. If any one of them had any talent at all.... I am sure you can find less offensive subject matter with more mass appeal than these people.

Susanne Martin via email



The #March issue of
@allure\_magazine has a very
informative spread about black
hair care. They cover a lot.
It's a good read. #naturalhair
#kinkyhair #curlyhair
@jennacide\_ny
via Instagram

@Allure\_magazine Thank
you for dedicating time to curly/
kinky hair in the March issue!
@TheRealTPayne
via Twitter

### **Natural Resources**

I would like to commend the magazine for providing a full-length article dedicated to Afro-textured hair ["Head Masters," March]. The article had some really great tips. My biggest problem with it was [that you didn't include women with relaxed hair]. Many black women still get relaxers and need good information on maintaining length and healthy hair. I have completed the big chop twice but went back to relaxers because natural hair does not work for everyone. Extensions are an option but are expensive to maintain.

Staci Beasley via email

### **Allure Regrets**

In "Head Masters" (March), the ingredient polyquaternium-7, found in DevaCurl Heaven in Hair, was mistakenly identified as a silicone. In fact, this conditioning agent is free of silicones, as is DevaCurl's entire line of products. *Allure* regrets the error.

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Every month, *Allure* relies on the expertise of doctors, trainers, hair wizards, and more. Five of the pros who shared their wisdom:



### Jeffrey Dover

When he's not seeing patients, Dover is an associate clinical professor of dermatology at Yale School of Medicine. He addresses hair removal and scar improvement in "Get a Better Body."

### Did you plan to go into dermatology?

"The first day of medical school, I told the dean, Tm never going to do dermatology. I don't want to squeeze pimples all day."

### What do most patients want?

"Women don't want anybody to know they've had anti-aging procedures. My last three patients had done some fillers, Botox, and laser, but if you met them, you'd just say, 'This woman ages so gracefully."

# What bizarre dermatology questions are you asked?

"'How long does it take to become an aesthetician?' and I say, 'Well, I'm a dermatologist.' They say, 'A cosmetologist?'"



### David Herschthal

The professor of dermatology at the University of Miami is surrounded by sun worshippers. Herschthal talks about protection in "Burn Notice."

### What is it like being a dermatologist in the Sunshine State?

"The key is educating people about sun protection—and the idea that you can look good without a tan."

## What do you tell patients who show up tan?

"You can't lecture them, but you can make small changes. They can look at their behind and see that there is basically no damage."

### What behavior are you concerned about?

"When someone goes to a nonphysician skin spa to get rid of brown spots when in fact they're malignant melanomas. This type of melanoma is indistinguishable from a brown spot to the nonspecialist's eye."



### Joseph Cincotta

In "Gel Oh," Cincotta, a chemist who has developed products such as John Frieda Frizz Ease and Color Wow, looks at the new generation of skin gels.

### In your wildest dreams, what would you invent?

"I'd love to find ingredients that truly reverse skin aging. It would be a topical cream that could penetrate deep enough to increase the production of healthy skin cells and would bring the skin function to the rate of an adolescent's."

### What ingredient are you most excited about?

excited about?
"I recently began using one called Pycnogenol, a natural plant extract found in the bark of maritime pines. At critical levels, it reduces hyperpigmentation and stimulates production of new collagen and hyaluronic acid."



### Guido

This past season, Guido created haute couture hair for the runways of 25 shows, including Marc Jacobs, Céline, and Prada. The hairstylist previews fall trends in "Looks We Love."

### What's the nuttiest look you've done?

"I've done very crazy looks at Alexander McQueen, like his last show, where we made the hair into fins and there were multiple braids over the head. For the crazy ones, you have to do a lot of research and practice."

### Is there a hairstyle you would never do?

"Never say never, because your eyes change. You could say you really hate curly hair, but then you'll end up doing it."

### What do you do between shows in Paris?

"I walk into the very expensive antiques stores on the rue de Lille in Saint-Germain. Maybe I'll grab some lunch in a small café and just be quiet."



### David Kirsch

Kirsch might have started his career as a lawyer, but now he spends his days sculpting the bodies of celebrities such as Kate Upton. The trainer reveals the top toning exercises in "Get a Better Body."

### What's the one thing that most people need to improve?

"Your mind. If you don't work out your mind, you don't have discipline. You don't have desire."

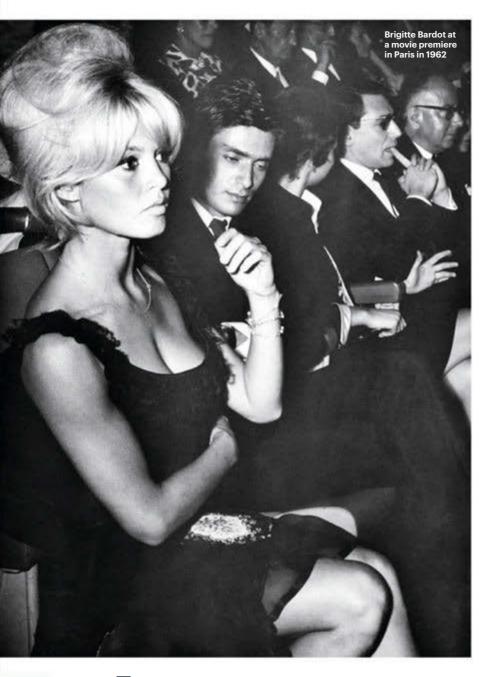
### How do you motivate your clients?

"You can make the workout interesting, give them obtainable goals, and praise them for small victories. A really good trainer is able to figure out not only what a client needs when they want to work out but also what to do when they don't want to work out."

## What is the funniest fad workout you've seen?

"I'm sure that strippers have awesome bodies. I just don't know if I would have my daughters do stripperpole workouts."





# Cleavage

Breasts have many functions that aren't sexy in the least. Cleavage, however, has been seductive since the beginning of time (or, say, 5,000 years ago). A glimpse at its show-and-tell history. -KATE SULLIVAN

**5,000:** Number of years ago that Minoan women wore a cupless corset-like garment made of fabric bands that supported breasts while exposing them entirely.

**15th:** Century in which aristocratic European women wore clothes with low necklines as a status symbol. A firm chest indicated that a woman was rich enough not to breast-feed her children.

**1809:** Year Dolley Madison's low-cut gowns—including a velvet one she wore to the inauguration of her husband, President James Madison—stirred controversy; critics called her style too regal. Madison was raised a Quaker and made to dress modestly, and when she left the faith, she embraced flimsy, revealing clothes, according to her nieces.

27: Years' worth of diaries (from 1789 to 1816) of Gouverneur Morris, the author of the Constitution's "We the People" preamble, that are held in the Library of Congress. In one diary, Morris revealed that he was a fan of Madison's suggestive gowns and wondered whether she might be "amenable to seduction."

**1927:** Year Clara Bow, playing a shopgirl in the movie *It*, cut a deep V into the front of her work dress before a dinner date.

**37:** Number of scenes the Motion Picture Producers and Distributors of America (also called the Hays Office) cut from the 1943 film *The Outlaw* for indecently exposing Jane Russell's cleavage.

**1945:** Year the Hays Office coined the term "cleavage" to describe décolletage.

"cleavage" became popular, after *Time* magazine reported on the Hays Office controversies in a story titled "Cleavage & the Code." The article described it as "the shadowed depression dividing an actress's bosom."

1: Year later that the word

**1950s:** Decade underwire bras replaced the conical designs of the '40s, after the end of World War II freed up metal for domestic use. Lower necklines also became stylish, and, accordingly, Christian Dior produced a line of costume jewelry specifically

**57:** Years after Sophia Loren famously eyed Jayne Mansfield's extreme cleavage at a 1957 party that she told a reporter, "I'm staring at her nipples because I am afraid they are about to come

to enhance the décolletage.

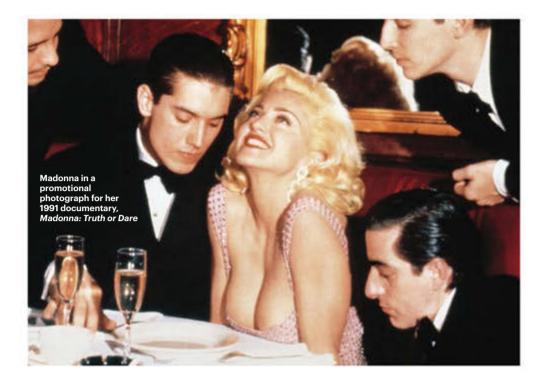
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Perfect hair Day

night cap ™ overnight perfector





**Estimated** 

age in years

of a padded

bra found in

the Science

storage at

Museum

in London,

the world's

push-up bra.

making it

oldest

7: Number of days later that Clinton's presidential campaign sent supporters an email with the subject line "Cleavage." In it, Clinton adviser Ann Lewis wrote, "Frankly, focusing on women's bodies instead of their ideas is insulting."

**3,000:** Number of British managers surveyed about professional dress in 2010; nearly half of them said they had not promoted women who regularly wore low-cut tops to work.

\$850,000: The price of the Chopard diamond bracelet that Christina Hendricks stashed in her cleavage during the 2011 Golden Globes after almost losing it on the red carpet.

2013: Year Amy Adams

credited her posture for her cleavage in *American Hustle*, saying the costume department did not tape her breasts. She added, "There could be a drinking game with how close it comes to my nipple showing.... People would be really drunk."

**\$3,050:** Price paid for the custom-made silicone push-up bra and matching panties that Julia Roberts wore in the 2000 film *Erin Brockovich*. The set was sold by a Los Angeles-based auction house, Nate D. Sanders, 14 years after the film's release.

**2013:** Year in which a Cincinnati high school made national news for sending two students home from their prom for having "curvature of the breasts showing."

**3:** Times more often that waitresses in restaurants in New York are told by their managers to show cleavage than waitresses in California, according to a 2014 study of American restaurant workers.

**450:** Number of Hooters restaurants nationwide. The uniform for waitresses includes a scoop-neck tank top.

**\$2,250:** Amount a Canadian judge ordered Google to pay a woman after her cleavage appeared in a Street View image taken of her home for Google Maps. The woman,

who initially demanded \$45,000 for emotional damage, said she suffered "shock and embarrassment" from the photo, despite her face being blurred out.

**16,100:** Approximate number of Twitter followers of @KUptonsCleavage, which posts images of model Kate Upton's breasts.

2010
Year Katy Perry's appearance on Sesame Street was pulled due to parental complaints about her cleavage-baring dress.

onto my plate. In my face, you can see the fear. I'm so frightened that everything in her dress is going to blow—boom!—and spill all over the table."

1: Number of Wonderbras sold every 15 seconds in the United States and Europe in 1994. The padded bra was a revival of a 1964 design.

**10:** Rank of a 1994 British Wonderbra billboard ad, which featured model Eva Herzigovà gazing down at her cleavage, on a

Campaign magazine list of the most influential ads of all time. According to urban legend, there was an increase in car accidents in areas around the billboards among male drivers during the time the ad ran.

**43:** Percentage sales of all push-up bras increased in America in 1994, with Playtex and Victoria's Secret creating their own versions of the push-up bra.

**2000:** Year Jennifer Lopez wore a Versace dress cut to the navel to the Grammy Awards.

**\$14:** Cost of cultural critic and poet Wayne Koestenbaum's 2000 book, *Cleavage: Essays on Sex, Stars, and Aesthetics*. In it, he wrote, "Cleavage is very 1960s: It shows off the new permissiveness.... Cleavage is not nudity. Cleavage is a promise: not sight, but on the verge of sight."

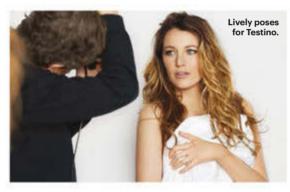
**2007:** Year New York senator Hillary Clinton wore a V-neck top under her rose-colored suit on the Senate floor. *Washington Post* staff writer Robin Givhan called Clinton's clothes that day a change from her "desexualized uniform," noting, "there wasn't an unseemly amount of cleavage showing, but there it was. Undeniable."





### **Blake Lively**

The scoop from behind the scenes at our shoot.



#### **Hair Lesson**

"Pregnancy made her hair so luscious that we didn't need to do much," says hairstylist Orlando Pita. He started with dry shampoo to give it texture and then wrapped it in hot rollers. Once the hair was cool, he simply raked his fingers through the curls.

> Lively unpacked her Chanel bag for us. Inside: Gucci sunglasses, a chocolate bar, dress designs, and a baby-bottle top.

Lively arrived at her fourth *Allure* shoot—this one photographed by Mario Testino at Canoe Studios in New York City—wearing a Stella McCartney top, a pleated schoolgirl skirt, and Tory Burch shoes.

The plan for the day was to shoot Lively in dreamy, bohemian clothing, but after seeing the actress bare-faced, Testino decided to keep the look simple: Lively wound up in an oxford shirt and boxers. "We wanted to capture her pared down and undone," says *Allure's* creative director, Paul Cavaco.

Though the set was busy, the actress did some styling of her own. When fashion assistant Crystal Cozart asked if she could take a picture of Lively's things, the new mother did her one better, arranging the contents of her bag and snapping the picture herself on her phone (see the shot, below left).

Before leaving with her family, who'd joined her at the studio, Lively posed for a picture with Testino for her Instagram. Her caption: "The one. The only. @mariotestino." —CHLOE METZGER



Cotton shirt by Jil Sander. Photographed by Mario Testino. Hair: Orlando Pita of Orlo Salon. Makeup: Charlotte Tilbury. Manicure: Gina Viviano. Prop stylist: Jack Flanagan. Fashion editor: Paul Cavaco. Details, see Shopping Guide.

Lively's look can be re-created with the following: La Palette Nude 1 eye shadow, True Match Super-Blendable Blush in Bare Honey, and Colour Riche Lip Liner in Au Naturale by L'Oréal Paris.

#### **Makeup Lesson**

Makeup artist Charlotte Tilbury applied an illuminating primer to Lively's skin before swirling bronzer on her cheekbones and temples. Tilbury brushed brown shadow across the lids, lined the lower lashes with a white-beige pencil, and dabbed clear gloss over nude lip liner.





# ALUTE ACCESS



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"It made my blonde highlights brighter and my hair MUCH glossier."

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 Cool Blonde

"The gloss is a great colour extender for those who can't make it to the colourist every 5 to 6 weeks."

-Kyra N., Astoria, NY, Black

Recharge your colour and find your shade at johnfrieda.com/gloss.

Source: Allure Beauty Enthusiasts Panel, October 2014; a product trial was conducted among 224 participants; each of whom received a complimentary product and used it at least twice during a two-week period.

# The Paris Effect



They say that when you really get used to a place, you start dreaming in the native language. The other night, I dreamed that I needed a pedicure. Not exactly fluent French, but I knew I was in Paris, where the real language is beauty. The fact that it was still tights weather and my toes wouldn't see the light of day didn't matter. I had to keep up appearances.

That Paris has a high standard of style kind of goes without saying. Even if it weren't for the Eiffel Tower in the distance, I would know where I was by the women. I saw one at lunch wearing a lace gown and a single earring the size of a dinner plate. At a salon, I overheard someone say to her facialist, "See you next week!"

In this city, evening clothes are perfectly appropriate at midday, facials are a weekly necessity, and pedicures are serious business, executed with tools that look as if they belong in an OR.

My friend Dani, dressed in head-to-toe Valentino for fashion week, believes the French set a high bar and we Americans feel compelled to try to meet it. We arrive with multiple suitcases straining at the zippers. I find myself changing clothes for cocktails, piling on jewelry and fragrance, and practically

gluing high heels to my feet. If there's anything I've failed to pack, I make a beeline for the avenue Montaigne to fill in the gaps.

I first experienced the Paris effect when I visited in my 20s with my parents. This was a different, more grown-up city from the youth-hostel one of my teens. When I unpacked my bags, I realized I'd brought all the wrong shoes. So I headed straight to a boutique and bought a pair of blue pumps, which I wore directly out of the store. I wandered all over the city that day until sundown, and I'll spare you the details of the blisters I developed. It didn't matter; I knew I had to suffer in silence.

On this recent visit, I met with Christophe Robin, the hair colorist to every French beauty you've ever heard of (starting with Catherine Deneuve). He told me he was about to sign a contract on a new salon, "teeny-tiny," he explained, "because personal attention and quiet are the biggest luxuries now." As we talked, he called the bar downstairs and ordered cocktails, which the manager delivered on a silver tray. Each drink was decorated with gooseberries; each cocktail napkin was freshly ironed.

I could get used to this life, but however enticing, it's still lived in a foreign language. Besides, my Nike Flyknits are calling me home.

Linda Wells, Editor in Chief



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For more information, visit truthaboutaging.com.

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Source: Allure Beauty Enthusiasts reader panel, February 2015. A product trial was conducted among 170 participants, each of whom received two complimentary products and used them together daily in the morning and evening for four weeks.

# wet nwich los angeles THE VOLUME THE WILD MAXWOLUMES IN NEW! Mascara in C150A Amp'd Black a MegaLast<sup>a</sup> Lipstick in 918D Cheri Simulation of product results The result can be achieved through a combination of the product and lash inserts.



## **EDITORS**' **FAVORITES**

#### **Bumble and Bumble Surf Infusion Spray.**

After learning that surfer girls put oil in their hair before a sesh, Bumble and Bumble added a botanical blend to the cult-favorite salt spray. The result: cool, ropy waves without





Pushing back your cuticles isn't fun, and it's definitely not glamorous. Or is it? This stylish tool—filled with a gritty exfoliating gel-brings joy to the mundane task. \$7.49.





nd bumble oil and salt-infused spray for soft

Givenchy Le Rouge-à-Porter in Rose Fantaisie, Beige Mousseline, and Rose Perfecto. With hyaluronic acid and sheer, bright pigments, these are miles more appealing than

your average tinted lip balm. \$36 each.



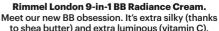
Estée Lauder Clear Difference Purifying Exfoliating Mask. The combination of white clay and microfine

buffers makes pores look like they were sucked clean by a Dyson-without sucking skin dry. \$40.

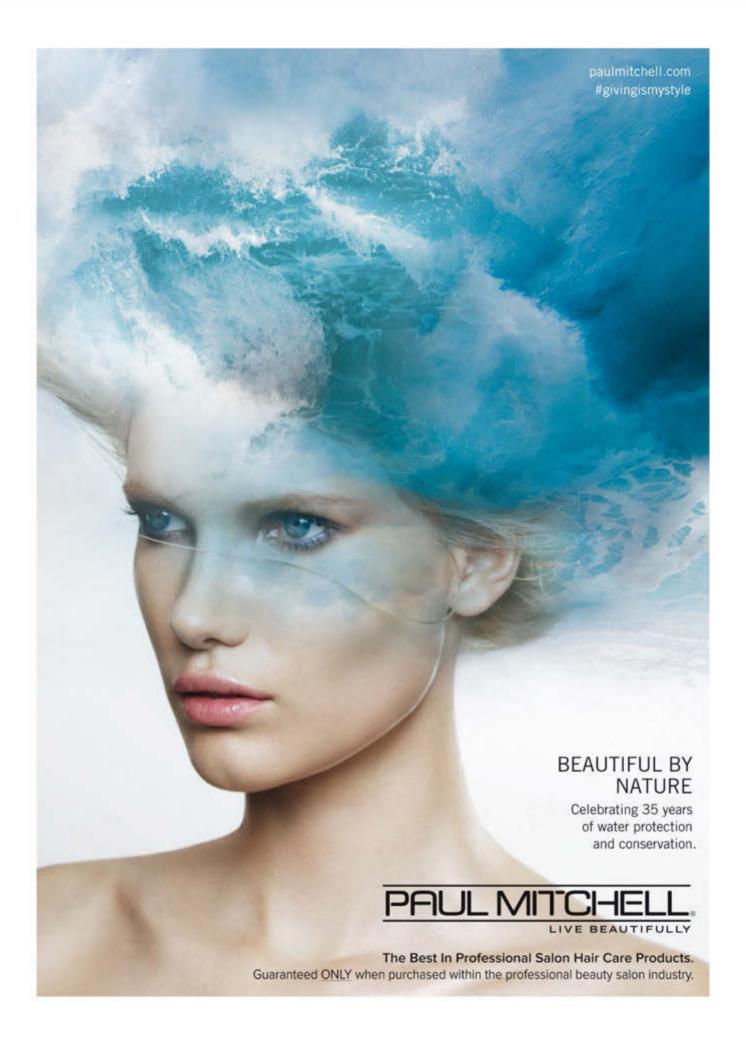


**Atelier Cologne Mandarine Glaciale.** 

Bergamot from Calabria, jasmine from Egypt, petitgrain from Paraguay, vetiver from Haiti—this is the United Nations of perfume, and it's sexy as hell. \$85 for 1 ounce.



to shea butter) and extra luminous (vitamin C), and it helps fade our acne scars (that would be the licorice-root extract). \$6.99.



"The prescriptions are similar, but I prefer the second plan. It's stronger but more tolerable."

insurance, less expensive), and the prescriptions were comparable. But for the most effective treatment of a chronic condition, a doctor may be best, as he was in this case.

—HANNAH MORRILL





Lilly Pulitzer for Target nail files

### FREE STUFF

May flowers are nice, but free stuff is better. The first 500 Allure readers to sign up at noon ET on these dates win a free product! Go to allure.com/ free-stuff. –JENNA ROSENSTEIN



May 4
Pixi by Petra Eye Duo in
Rich Sepia & Moonglow
Layer away. This rosegold and chocolate liner
creates sexy metallic
brown smoky eyes.



Lilly Pulitzer in he

Beach, Florida, in 1962

May 5

Matrix Style Link
Hold Booster
Spritz this on damp hair
before styling.
Polymers hold hair in
place without shellacking.

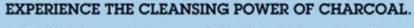


May 6
Dr. Dennis Gross
Skincare Alpha
Beta Daily Glow Moisture
It gradually tans and
softens skin with retinol
and alpha hydroxy acids.



May 7
FHI Heat Mini Technique
Ceramic Styling Iron
It's the size of an iPhone 6
Plus but puts out enough
heat to tackle cowlicks,
bangs, and flyaways.

(YES, CHARCOAL.)



Instantly draw out 2x more dirt, oil and impurities than a basic cleanser. New Bioré® Pore Penetrating Charcoal Bar deep cleans plus gently exfoliates, leaving skin tingly-fresh. And Bioré® Deep Pore Charcoal Cleanser transforms from black to white as it draws out deep-down impurities.







## Melon Calling

Dark lipstick, grungy hair, black nails—the '90s are having a beauty revival, fragrance included, with a comeback of watermelon. "That cucumber-y, melon-y scent was huge in the '90s, and not just at Bath & Body Works," says fragrance consultant Paul Austin. "Issey Miyake L'Eau d'Issey and Calvin Klein Escape were both part of that movement." Unlike those classics, our 2015 favorites do more than allude to watermelon; they contain notes of it. Ralph Lauren Ralph Fresh balances it with rose absolute, freesia, and dry woods. And Shay & Blue Watermelons has mandarin, honeysuckle, and vetiver for an effect that's cool, not cloying. Even Angela Chase would approve. —намман морявы

#### Internet Myths Busted

The Internet is full of apocryphal beauty tips. We ranked them from slightly questionable to totally bonkers. —KATE SULLIVAN

#### The product: Coconut oil

Myth: It works as moisturizer, eyemakeup remover, and even deodorant. The facts: Coconut oil is really good at moisturizing and at taking off eye makeup without irritating skin. As for the deodorant rumors, it contains lauric acid, which is an antibacterial but not an antiperspirant—and speaking of, it can leave grease marks that look a lot like sweat stains.

#### The product: Aspirin

Myth: Crushed and mixed with water to form a paste, classic aspirin acts as a spot treatment for acne.

The facts: Aspirin does indeed contain salicylic acid, a proven acne fighter. "But there's a high concentration of it, so it might burn your skin," says cosmetic chemist Joseph Cincotta. Dermatologist Ranella Hirsch agrees: "It works, but seriously, just spend the same \$7 on a salicylic acid skin product that's been prepared for this use. Why wear socks on your hands when gloves exist?"

#### The product: Windex

Myth: Since My Big Fat Greek Wedding, it's popped up as a panacea for everything from acne to rashes.

The facts: "It's going to dry up anything because of the alcohol, but the ammonia and detergents could irritate your skin," says Cincotta. In her scientific opinion, Hirsch says, this is "one thousand percent nuts."

#### The product: Nail-polish remover Myth: It shrinks cold sores.

The facts: "I can't say it in stronger language: terrible idea," says Hirsch. "You'll burn your face." Adds Cincotta: "Acetone dries up the cold sore. But that can lead to infection and scarring." Instead, take Abreva to treat the virus and put Vaseline on the sore to keep it moist and speed healing.



#### PRODUCT REVIEW

### Neutrogena Oil-Free Acne Moisturizer



WHAT IT IS: A facial moisturizer for oily, acne-prone skin

**KEY INGREDIENTS:** Salicylic acid (exfoliates skin and treats acne); glycerin (moisturizes)

#### **HOW IT LOOKS/FEELS/SMELLS:**

This white lotion feels like a serum that glides easily over skin before quickly drying to a smooth finish. The best part is the grapefruit

scent—think freshly squeezed juice, not candy-sweet.

why we like it: Some acne products dry up our pimples so much, we end up with skin that's raw and flaky—and looks worse than when we started. This lightweight moisturizer minimizes breakouts without causing irritation and smells crisp and fruity, not medicinal. Used

once a day in the morning, it completely cleared the stubborn bumps on our forehead and cheeks without causing any redness or flaking. The 0.5 percent salicylic acid wasn't strong enough to conquer a mammoth zit, but for daily maintenance, it kept our acne-prone skin clear with zero shine. —LEXI NOVAK

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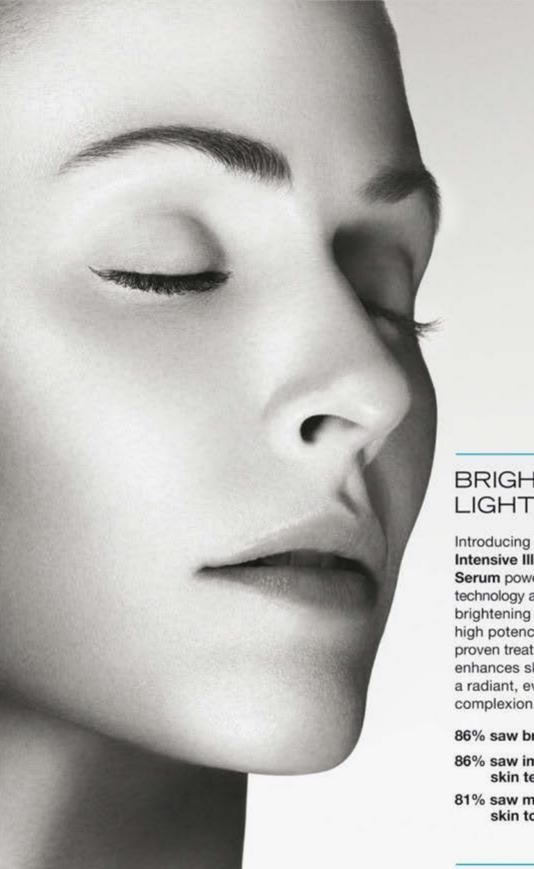
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#### **Wrinkles in Time**



La Prairie Anti-Aging Rapid Response Booster and Kane NY Serum Savant

If we were to tell you that the breakthrough new moisturizing ingredient is hyaluronic acid, you'd probably roll your eyes. But a skinnier version actually might be a game changer. Two serums-La Prairie Anti-Aging Rapid Response Booster and Kane NY Serum Savant-contain smaller molecules of hyaluronic acid. Instead of sitting on the surface of the skin and attracting moisture, as larger hvaluronic acid molecules do, these can travel deep into the skin and fill in the spaces between cells to make skin firmer and boost collagen production. "Hyaluronic acid exists naturally in the skin. Young skin has lots of it, but you make less as you age," says cosmetic chemist Ni'Kita Wilson. In clinical studies, both serums improved skin in two to four weeks. "These serums give the skin a fullness that smooths the appearance of lines quickly," says dermatologist Doris Day. "But collagen takes about six weeks to form, so longer-lasting improvements will happen over three to six months." -BROOKE LE POER TRENCH



#### **Paint Strippers**

Glitter and gel polishes are notoriously hard to remove. Here, three new ways to get bare nails without trashing them.

#### **HEAT**

#### Best for: gel

The Steam Off mists warm acetone over fingers in an enclosed chamber, which took ten minutes per hand. We had to remove a few pieces with an orangewood stick, but it was less drying than an acetone soak.

#### **SCRUB**

#### Best for: glitter

Butter London Glitter Scrubbers are individual, acetone-saturated pads with a rough side to wipe off glitter flecks.

#### Best for: glitter

Start your manicure with a peel-off basecoat, like Orly One Night Stand or NYC New York Color Strip Me Off When you're ready to remove your polish, simply peel it off. -CHLOE METZGER





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Guerlain's Terracotta has been the gold standard of bronzers for 30 years, its reputation resting on the sheer powder that blends to an exquisite glow. Now it's a little easier to take that formula to the beach, given the new colorful silicone case that slips over any Terracotta compact like a wet suit. A girl could summer in Glasgow and still come back toasty and bronzed. We're tossing it into the tote bag, stat. —FRANCES LITTLE

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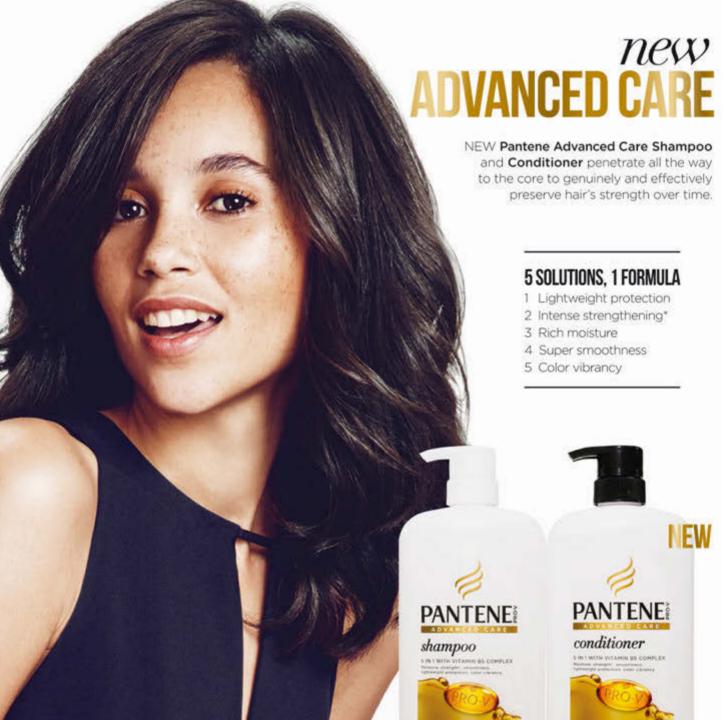














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#### DIOR

beaded espadrilles, \$770, at Dior stores.





# Sweet and Low

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## **Cargo Hold**

Military themes shaped a recent Marc Jacobs runway collection, right down to a batch of little cross-body bags no bigger than a Girl Scout's canteen. Our favorite gets the vibe just right: fatigue-green flap, safety-orange case, metal-stud hardware, and a jewel-like clasp for a glint of civilian polish. All this plus a very low-profile top handle with the sharp edge of an epaulet. Shoulders back! —FRANCES LITTLE





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# Marant launched her fashion line in 1994.

**10 Beautiful Things** 

ashion designer Isabel Marant had practical plans for her future: to study economics. But her riskier dream won out. Today, her name is synonymous with Parisian bohemian chic. "I'm completely from Paris," she says. "The bohemian side comes from my father, who traveled for work. I was raised around Mexican sculptures and African art." Her latest collection shows the influence of African prints and weaving, urbanized by Marant. To get out of the city, she and her husband, accessories designer Jérôme Dreyfuss, and their son go to their (very) rustic country house. "There's no running water or electricity," she says. "It's where I breathe." —PATRICK ROGERS

- 1. Isabel Marant pleated skirt. "The print is inspired by the Basque sculptor Eduardo Chillida."
- 2. Isabel Marant leather sandals. "I like the nude effect that sandals give your legs. At the same time, these have leather bands that are quite thick feminine but tough."
- **3. Aesop Geranium Leaf Body Cleanser.**"I love to wake up with this smell. It's perfect

for a morning shower."

**4. Serge Poliakoff** paintings. "They inspired prints in my winter collection."

5. A welding workshop. "I'm planning to build one in my next flat. I used to weld when I was young, making furniture."

6. Choucroute at Brasserie Lipp in Paris. "A very French brasserie where I used to go with my parents to eat choucroute every Sunday."

7. Bose QuietComfort headphones. "I love to listen to rock sung by women when I'm working: the Kills, Yeah Yeah Yeahs, Patti Smith, PJ Harvey."



8. Hanro tank tops. "I don't wear a bra—I don't have a big breast—so I always put a tank top under anything I wear."

9. A Charlotte
Perriand table.
"I love the
efficiency of her
furniture and
the material she
used—wood that's
not unfinished
but still quite raw."

**10. A Kindle.** "Since I'm always reading two or three books, a Kindle is brilliant for traveling."



Isabel Marant skirt, \$590, at Isabel Marant, N.Y.C. (212-219-2284). Details, see Shopping Guide.

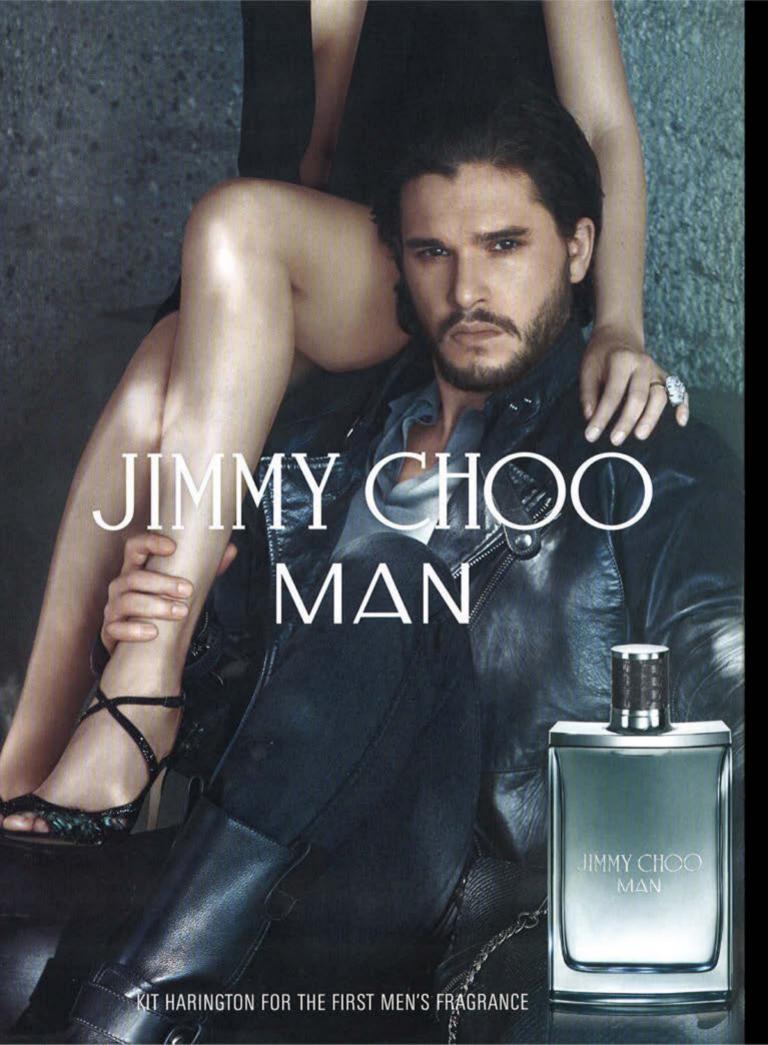




Serge Poliakoff, Diptyque, 1954









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#### **BROOKE FOLEY**

30, PRODUCT DEVELOPMENT AND PRODUCTION MANAGER, JENNI KAYNE
To play up the "1950s feel" of the pastel-pink jacket, Foley (right) plucked a pair of cotton gingham pants out of her closet. "My style is classic and feminine, so this jacket easily fits with my wardrobe," she says. That said, she's not afraid to go a little crazy: "I could also totally see myself wearing this with gold lamé shorts during the day or over a maxidress at night."

#### **FAVORITE THINGS**

SHOES: "London Sole ballet flats."

JEWELRY: "Phoenix Roze." BAG: "Mansur
Gavriel bucket bag." JEANS: "Paige
Denim." LINGERIE: "Journelle." STYLE ROLE
MODEL: "My grandma. She was always
effortlessly stylish." FACIALIST: "Kim
Sommer at DermaRenewal Skincare."
HAIRSTYLIST: "Havana Prats at Juan Juan
Salon." LIP COLOR: "Clinique Bonfire
gloss." NAIL POLISH: "OPI Big Apple Red."
MASCARA: "Dior Diorshow."



"I COULD ALSO TOTALLY SEE MYSELF WEARING THIS WITH GOLD LAMÉ SHORTS," SAYS FOLEY.

#### **EUGÉNIE GREY**

#### 24, FASHION BLOGGER, FERAL CREATURE

"I don't like clothing to be predictable in any way," says Grey (left), who was drawn to the jacket's "sporty and feminine" mixture. She paired it with peach satin shorts—"I like the boldness and uniformity of matching sets," she says—and then balanced the soft pinks with a few edgy pieces, like her Jeffrey Campbell platform heels. "I used to think I had to fit my style into some box, but now I like that I'm different."

#### **FAVORITE THINGS**

SHOES: "Proenza Schouler lace-up boots." JEANS: "Joe's Jeans black skinnies." LINGERIE: "For Love & Lemons." STYLE ROLE MODEL: "My mom. She's instilled a love of fashion in me since I was a baby." HAIRSTYLIST: "James Miju at Salon Republic in West Hollywood." LIP COLOR: "ColourPop Creature."









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# Insiders Guide

EXPERT ADVICE ON IMPROVING YOUR POSTURE, LAUNCHING A SPRING CLEANING, AND MORE

HOW TO CHOOSE SUNGLASSES

An interview with Kristen McCabe, head of product selection for Sunglass Hut.

Sunglasses are as personal as your lipstick—you wear them with everything you own, over and over. You shouldn't just like your sunglasses; you should completely love them.

Find balance. Start by knowing your face shape. If your hairline is straight across your forehead and you have a strong jaw, you have a square-shaped face. You probably look best in rounded frames, which soften those lines. If your face is round or oval, look for straighter frames—Wayfarers or anything with a squared-off bottom. If your chin is much lower than your jawline, you may have a heart-shaped face. You want frames that mimic this tapered shape, such as aviators.

Check the size. A common mistake people make is choosing sunglasses that are too wide. The frames should never be more than two fingers' distance from the outside of your temple. And they should sit securely on the bridge of your nose.

**Be bold.** Mirrored lenses—in lots of colors—are a huge trend this year. Miu Miu has subtle ones, and both Michael Kors and Tory Burch have great gradient versions. My favorites are the blue mirrored Ray-Ban aviators.

We can't all be John Lennon. Round frames are the hottest thing right now; you'll see lots of plastic with metal bridges. They're not easy to pull off. Try on multiple pairs, since even a few millimeters at the bridge of the nose or outer corners can make a big difference in how they look.

—INTERVIEW BY DANIELLE PERGAMENT



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### HOW TO TACKLE SPRING CLEANING

An interview with Jolie Kerr, the author of My Boyfriend Barfed in My Handbag...and Other Things You Can't Ask Martha (Plume) and the expert behind Deadspin's Ask a Clean Person column.

Even people who regularly clean—and those who have a housekeeper-can benefit from spring cleaning. It's a great way to take on tasks that need to be performed only a few times a year. Break it down. Start by walking around and jotting down areas that need special attention. Don't check just at eye level-things that are out of your normal range of vision, like ceiling fans and baseboards, are the spots begging for extra care. Once you have a list, sit with a cup of tea (or a glass of wine) and prioritize three tasks: you can take on the rest another day. Next, sort out what order to clean in. What's going to happen when you dust the ceiling fan? All the dirt is going to fall on the floor. Clean the fan first.

**Assemble your weapons.** That list will also help you identify the products and tools you need. For example, if you're cleaning out the fridge, make sure you have trash bags, a scouring sponge, and an all-purpose cleaner, like a vinegar-and-water solution.

**Clear the air.** So many people get miserable spring allergies—a thorough cleaning can help. Use a microfiber cloth to clean vents, baseboards, and the tops of hanging frames, where dust collects. Pull the furniture away from the walls and vacuum underneath to eradicate dust bunnies.

**Do the laundry.** Wash your mattress pad, pillow, duvet cover, and the actual duvet. Curtains also get really dirty. Unless they're made of a del-

icate fabric, like many sheers are, they can usually be machine-washed at home as well. Ironing is a pain, but a steamer will make short work of the job. Just rehang the curtains and steam them to get out the wrinkles. Or send them to the dry cleaner. Steaming is a great way to clean upholstery, too; smaller stains can be spot-treated with Resolve Upholstery Stain Remover. (Some cleaning services will do curtains and upholstered furniture on site.)

**Call in reinforcements.** It's fair to ask your regular cleaner to help, but don't just leave a note. Speak in person so you can be specific and adjust the schedule and pay accordingly.

-INTERVIEW BY MEIRAV DEVASH





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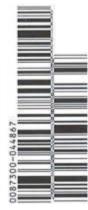
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### HOW TO BE A GOOD BRIDESMAID

An interview with Keija Minor, the editor in chief of Brides.

plain about being a bridesmaid, but it helps to keep in mind that the role is a celebration of your friendship—and it usually ends up being a lot of fun. **Pay attention.** Listening is your most important duty. Brides have to make so many choices and have a lot of people giving them advice. Let her vent without interruption, or be the

I know people secretly love to com-

you three links. What do you think?" **Don't share every opinion.** If she's already purchased her wedding dress, then you love it. If she hasn't and the one she's trying on doesn't flatter her, buffer the negative with a positive. Say, "That dress you tried on before

person she emails to say, "I'm sending

really showed off your waist."

Find strength in numbers. The good news is that most brides don't choose

those Little Bo Peep gowns for their wedding party anymore. Try to go along with the dress the bride picks. If the look is truly terrible, gather support from the other bridesmaids and say, "We love the idea of a strapless dress, but it doesn't work on every chest. How about we do the same color but different tops?"

**Set boundaries.** If the bride is asking for more time than you can give to events or projects, it is fair to say, "I love helping with your wedding, but work is crazy right now. I've blocked off several days when I can be all yours. Let me know what I can do." It's all about saying no by saying yes.

**Check your list.** Coordinate with the other bridesmaids about who's taking on the mundane tasks. For example, the bride may need you to hand

out tip envelopes or take the wedding dress home from the hotel the next morning. Make sure you know in advance what you're doing.

**Give the perfect toast.** Aim for a three-minute speech—that sounds short until you're standing in front of 100 people. First, establish how you know the bride. Then add something funny (but not embarrassing) and something sentimental.

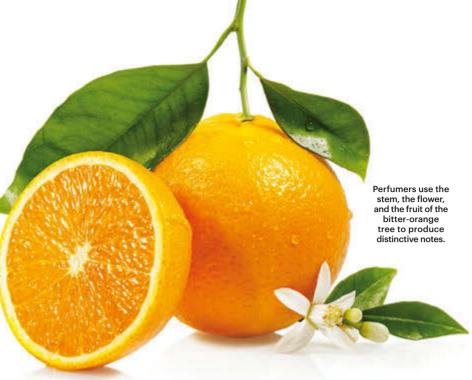
Decorate her hotel room. Give the couple something festive to walk into: champagne and a little snack, like cheese and fruit or chocolate. A candle is nice, but don't light it—you'll burn the place down. And definitely don't cover the bed in red rose petals. I know a bride who was billed an extra \$250 because the roses stained the sheets. —INTERVIEW BY KATE SULLIVAN



\*vs ordinary soap



FRESH FRUIT



By Francis Kurkdjian

he orange flower makes one envision lush, sun-drenched landscapes. That's why it plays a strong role in so many hot-weather scents. But it also happens to be a very generous resource that yields a ton of accords with distinct characteristics. The bloom's essential oil (neroli) is shiny, vibrant, and superfloral, which makes it an ideal top note. The more heavily concentrated absolute has a waxy quality that's redolent of honey, and the young

stems and leaves produce a spiky, vegetal note that reminds me of French green beans. Orange flowers are also the backbone of the entire white-flower category. Just like a primary color, they can be manipulated to mimic blooms that are traditionally more difficult to distill. A perfumer can re-create the scent of honeysuckle by combining orange flower with a citrusy top note and a hint of lily of the valley. Here are a few of my favorite scents that demonstrate this flower's incredible range.



SHEER TOM FORD NEROLI PORTOFINO

Neroli is sparkling and classically citrusy, but it tends to fade quickly. This scent stays bright and buoyant, thanks to an amber note that adds dimension but not heft.



SEXY ARMANI CODE FOR WOMEN

The first impression is of orange flower, but the dry-down is sweet and amber-y. I think of it as being very layered, with a sensual element at the end that links it to the skin.



CLASSIC CHANEL LES EXCLUSIFS EAU DE COLOGNE

I love this scent for its simplicity. It's reminiscent of the easy, refreshing fragrances that were popular a century ago. The straightforward combination of neroli and citrus is splashy and sunny.



GREEN
HERMÈS EAU
D'ORANGE VERTE

This classic eau de cologne pairs citrus and green notes, but its leafy quality really shines through. Young orange leaves and bitter zest form a sharp core; lemon and mint add freshness.



BRIGHT MAISON FRANCIS KURKDJIAN APOM

The name stands for "a part of me." I wanted to create something that evokes sunlight and warmth. I took inspiration from the Mediterranean, where orange groves meet cedar trees.









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#### **Meghan Trainor**

The 21-year-old singer/songwriter is all about that base... and long platinum-blonde hair, red lips, and Red Bull.

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## Stripped Down

Think pampering is for wimps? Korean day spas are brusque, bare-bones, even a bit harsh—and that's exactly why they're now popular with a whole new crowd. By Mary H. K. Choi hen it comes to Korean spas, everyone on Yelp is exactly right. Your experience is going to be one star or five, and no amount of persuasion or Living Social discount will change your mind. They're as divisive as cilantro. Or Kanye West. And whether you like them or not has a lot to do with your tastes, your expectations, and how you feel about nudity (but more about that later).

Pulling up to the complimentary valet at Olympic Spa in Los Angeles at 2 P.M. on a Friday, I'm excited for a soak, a sauna, and a scrub. But as I make my way into the clean, bright lobby, I realize there's a gaggle of women of all ages and races in the exact same headspace. The place is packed. I've been going to Korean day spas—mogyoktangs—my entire life, and it never would've occurred to me that they might get so popular that I couldn't



#### **PHENOMENON**

just stride in, flash my Korean-person card, wink, and then get slotted in for a \$30 exfoliation session, easy-peasy. That Friday afternoon, I was appalled to discover a three-hour wait for a traditional scrub. Which I declined. Huffily.

f course, I realize it's beyond obnoxious for me to feel proprietary about any aspect of Korean culture. It would be like if I ran around town seizing kimchi from hipsters' hands, and the truth is that we're all living in a post-Psy, BB-cream-loving world, and I should be elated that our prized

steam rooms are trending as much as these other cultural exports. Considering how much fancier things have gotten over the decades—spas are now tidied up before guests arrive, for example—the bargain prices that have intrigued non-Koreans since the beginning haven't skyrocketed as much as you'd expect. Olympic Spa charges \$20 admission, which is about average, and that grants you access to the shower area, saunas, soaking pools, and Jacuzzis, with add-on treatments, like pedicures or milk-and-honey massages, costing \$25 to \$130 extra. You're welcome to stay until closing, which is at 10 P.M. (some spas are open 24 hours a day).

The changing rooms and amenities are on par with your nicer gyms, with the addition of a few nouveau-riche tropes, like chandeliers and faux marble, that I associate with department-store dressing rooms in tony Texas sub-urbs. As I look around, I notice that the clients are younger than I'm used to. And more tattooed. Sure, there are the usual suspects—older Korean ladies cycling through the saunas all morning and afternoon—but it's the clusters of nude, chatty, multi-culti besties that feel like a new thing. They all look like girls I'd hang out with, and I briefly imagine the hazard of running into someone I know in the buff. "That's why I only go to King Spa in New Jersey," says my friend Sena Yang, the creative director of the sportswear line Asteria Active, who lives and works in Manhattan. "Plus, it's not overrun with hipsters. At least not yet."

All beauty trends are cyclical—and hipsters are typically called out for ruining everything around the midpoint of each wheel turn-but it seems for a certain group of fashion and Hollywood insiders, Korean spas aren't so much a fad but a mainstay. In fact, early adopters weren't hipsters at all but models. Beverly Hot Springs in Los Angeles was popular with '90s supermodels, and the 24-hour Juvenex in New York City's Koreatown has long been the clubhouse for jet-lagged leggy 16-year-old Eastern European "new face" girls who can't get into bars. For over 20 years, Korean spas have remained big with hair, makeup, and styling professionals, so it makes sense that their celebrity clients would also be in on the not-so-secret secret. She of one of the creamiest complexions in Tinseltown, Cate Blanchett, is a fan, and Kate Bosworth is said to have yogurt slathered on her body at Beverly Hot Springs as well.

So why wouldn't everybody go monthly, if not weekly? After all, the bare-bones pricing means a good steam and a scrub can be slotted in as routinely and unceremoniously as a bikini wax. Whether you're a person who lunges for

the paper underwear when getting said wax or just whips off all clothing from the waist down may be a very good litmus test. Let's just say that there's naked...and then there's Korean-spa naked. Clothes are mostly verboten in the saunas, though you can elect to wear the thin cotton robe or T-shirt-and-shorts combo they provide for you. But certainly when you're showering or soaking in the pools, you'll wade in and out of them nude. "It does require a certain amount of commitment and bravery," says Maud Deitch, a senior content producer at Studio@Gawker and a Korean-spa devotee. "But everyone's naked, and there are so many staff members and strict rules that it doesn't get weird."

As a kid, I despised the lack of curtains, the unflattering lighting, and the design aesthetic that seemed equal parts hospital and penitentiary. That scene in Eastern Promises where Viggo Mortensen is forced to battle those Russian gangsters in the tiled sauna and he's all exposed and lumbering for his life? That's exactly what it felt like to be dragged as a pudgy Korean child by my tiny Korean mother to a Korean spa. I found the nudity excruciatingly awkward. No little kid wants to be stripped naked with that much '80s bush at eye level or inspect a C-section scar that close-up. Even now, I'm not a naked person. I always have a sarong or towel poolside, and I am the weirdo who goes into the bathroom to change even in the company of exclusively female friends. But there's something about everyone being naked in a Korean spa that just seems pragmatic. It puts us all on a level playing field, united in the common goal of cleaning and softening our largest, most visible organ.

If you've never been before, this is how I like to do things. First, I throw my hair in a topknot and give myself a quick rinse. Then, instead of toweling off, I just throw on the

cotton robe. (Most places give you a big bath towel, but I like to save mine for my final shower.) Then I promptly take the robe right back off to hit the dry sauna before proceeding to the wet one. For both, I like to tote in a few of the hand towels that are provided to sit on. I won't perch on a subway seat in shorts, so I put one or two down on the tile, and then I plop another one on my lap for 64 square inches

LET'S JUST SAY THAT THERE'S NAKED...AND THEN THERE'S KOREAN-SPA NAKED.

of modesty. At some point, I'll rinse off again and go investigate all the other special sauna rooms to see what's what; most spas have placards explaining each room's virtues next to instructions to keep quiet and rinse off before entering the communal baths. Oddly, at Olympic Spa, there are also laminated signs forbidding you from reading in any of the four saunas. "It's because of the lead," whispers one naked lady to her friend, who, by the way, is not only also naked but reading a Kindle. "It's in the ink, apparently."

The three of us are lying supine atop towels spread over blueberry-size hunks of pink Himalayan salt (supposedly great for respiratory issues), and I woozily consider the e-reader chemicals wafting into my pores and lungs and then fall asleep for ten minutes. After my nap, during

#### **PHENOMENON**

which I've likely breathed in as many poisons as I've leached out, I head over to the "oxygen and bichotan charcoal therapy" room, which is said to detoxify and moisturize. Korean spas are all about these elaborate offerings of herbed steam rooms, clay saunas, jade rooms, and ice rooms. (Hugh Spa even boasts L.A.'s only infrared-magnet room, which has to be good for something if for no other reason than it sounds really cool.) After I've baked, salted, and charcoaled, I pad back over to the wet zone for yet another rinse and a wade in the chilled mineral pool. It's effective for cooling down in preparation for the "mugwort plunge," which, surprisingly, is a real thing and not a Harry Potter-related joke. It's a scaldinghot herbal-tea soak that's fantastic for circulation and skin softening, and I can remain submerged for just under a minute before I freak out and have to leap into a cold shower. Certain women stay in there for upwards of five minutes, which makes me wonder what other feats of superhuman endurance they casually execute in other parts of their day.

I watch jealously as other guests' numbers are called out for scrubs and marvel again at the abrasive treatment's pan-cultural appeal. The reason for my surprise is that a traditional Korean scrub is typically administered with enough elbow grease that you feel as if you're being buffed by a mechanical car wash. Those with sensitive sensibilities (and delicate epithelial layers) find them intrusive at best, as evidenced by those pearl-clutching one-star reviews online. But the unceremonious and aggressive manner in which they're delivered makes them seem medicinal and therapeutic rather than luxurious.

If all this emphasis on asceticism and detoxification sounds familiar, it should. "Korean spas are the new green juice," says Yang. "You can work them into your lifestyle without it being fussy." Whatever anybody says about green juice, it's far less appetizing than a chocolate milkshake. But there is something psychologically satisfying and consistent about getting worked over by an older Korean woman with a perm-who's dressed in only a black bra and Spanx-when your regular workout is a Spinning class for which you pay actual money to almost barf and pass out each time (see: SoulCycle or that

one class that combines uphill sprints and a Pilates Reformer). When it comes to "clean living" and being healthy, prissiness and pampering are out. Light stretching, hot stones, and aromatherapy oils are adorable, but unless you're sweating your ass off and getting scrubbed or stepped on, it doesn't feel like any of it is nearly traumatizing enough to be good for you.

s I walk into the clay room for the second time. I admire the older woman positioned right by the door, lying stark-naked, legs flung open as if her feet were in gynecological stirrups. She's likely been steaming her vagina since before Gwyneth was born, and whatever's happening with the anions and her uterus is likely so magical that she'll live far longer than I will. And while I'm rarely in the mood to eat anything after a stint in the steam room, I also respect the hustle of anyone comfortable enough to eat a cruciferous, fermented Korean meal when they're spending most of the day naked. Almost all Korean spas feature a café, and I always imagine the people going to town on our usual fast-casual fare, like bibimbap (sautéed veggies and meat over rice), as the sort of people who can also fart with serene impunity in voga class.

When I'm ready to go, I take my final shower, wash my hair, and then moisturize. Enthusiastically. Like, to a weird level, where I need another little hand towel to sit on while I dry, I also sleep like the dead afterward, and it's a nice perk to look forward to, especially if you're coming straight from the airport. After three hours at Olympic Spa, I am soft, pink, drowsy, and mostly content-certainly Zen enough to stop giving relative newbies the side eye. I'm glad that mogyoktangs don't pander to their delicate sensibilities (or skin). Because while our steam rooms may be in one minute and out the next, older Korean ladies' gruff treatments and brusque attitudes are forever. My only regret is not waiting for the akasuri scrub that I'd wanted; I managed to spend that much time puttering around anyway, and it would've been a great way to ring in the weekend. Instead, I go get my car detailed. In L.A., that feels like the same thing. •







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ing a potent form of a chemical that creates the feeling of fullness. The chemical, propionate, is normally released in the body after fiber is consumed. When 20 study participants took the supplement, inulin-propionate ester (IPE), at breakfast, they ate 162 fewer calories later that evening at a buffet dinner compared with when they were given a fiber supplement alone. And among 60 overweight volunteers, those who took IPE daily were less likely to gain weight and abdominal fat over 24 weeks than those who took only fiber, says lead study author Edward Chambers, a research fellow at Imperial College London. Chambers doesn't know when the powder will be commercially available, but early studies indicate that it can be added to food without changing its flavor.



# BODY

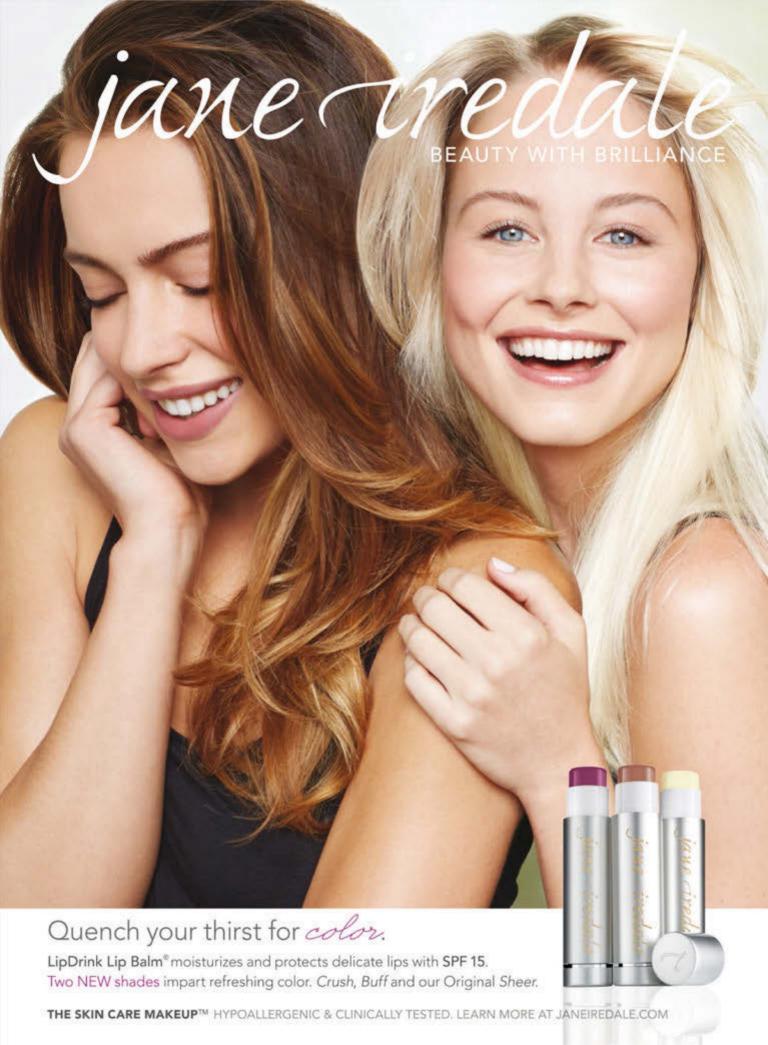
By Kristin Sainani

#### **BREAST-CANCER VACCINE**

A breast-cancer vaccine is showing encouraging results in a preliminary study. Fourteen patients with advanced breast cancer who received the experimental injection had a slower rate of cancer progression than 12 others who were not vaccinated. A few developed flulike symptoms, but there were no serious side effects. The vaccine may someday have the potential to be used in healthy women for cancer prevention, says William Gillanders, a professor of surgery at Washington University School of Medicine in St. Louis, Missouri. That's because it triggers an immune response against a protein (mammaglobin-A) that's made almost exclusively by breast-cancer cells and is produced in most breast cancers; in contrast, other breast-cancer vaccines in development target proteins that are involved in fewer breast cancers or are also present in normal tissues, he says.

#### CIGARETTE WEIGHT

Women who assume that smoking keeps them thin might be surprised by new findings. Although it's true that people tend to put on pounds after they quit, smoking itself is also linked with increased weight gain, according to a study of young women in which smokers gained three pounds in two years, while those who didn't smoke gained two pounds. The reasons for this aren't yet clear, but one possibility is that people who already have an overeating problem may start smoking to curb their eating; alternatively, habitual tobacco use may alter the brain's reward circuitry in ways that lead to overeating, explains lead study author Eric Stice, a senior scientist at Oregon Research Institute in Eugene. Even relatively light social smoking may be associated with weight gain, he says.



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#### DEPRESSION DIET PLAN

s many as half of people who are prescribed an antidepressant don't benefit from it, experts say, but their diet could affect that. In a study led by Roel J. T. Mocking, a researcher at Amsterdam Academic Medical Center in the Netherlands, 70 clinically depressed people took paroxetine (Paxil) for 12 weeks. The scientists found that those who ate fatty fish at least once a week had a 75 percent chance of improving on the medication, while those who never ate it had a 23 percent chance. Omega-3 fatty acids in these fish are vital to the brain; compared with mentally healthy people, the depressed group had higher blood levels of the stress hormone cortisol, which breaks down fatty acids and lowers omega-3 levels. Rather than taking omega-3 supplements, Mocking recommends eating fish rich in the nutrient, such as sardines, herring, and anchovies, which have the least contaminants, as well as salmon, mackerel, and trout.

#### BODY-IMAGE BOOST

Exercise can help people feel thinner and more attractiveeven if their bodies don't visibly change. Women who reported feeling social anxiety related to their body's appearance were assigned a regimen of either strength training or aerobics. After two months, both groups demonstrated improved body satisfaction, despite scant change in size or shape—especially the aerobic exercisers. Aerobics may be more associated in women's minds with weight loss and "a thinner ideal, even when the scale doesn't say so," says lead study author Kathleen A. Martin Ginis, a professor of health and exercise psychology at McMaster University in Ontario.

# MOD

By Lois B. Morris

#### PRETTY HEALTHY

Do beauty and health go hand in hand? Researchers Joseph L. Nedelec at the University of Cincinnati and Kevin M. Beaver at Florida State University in Tallahassee reviewed the records of about 15,000 people in an ongoing study. During in-person interviews when the participants were ages 24 to 32, surveyors had subjectively rated each person's attractiveness on a scale of one (very unattractive) to five (very attractive). The better-looking the women were, the less likely they were to be diagnosed with conditions including asthma, depression, diabetes, high blood pressure, and stuttering; similar associations were found for men. Although some other health problems, including cancer and heart disease, had no link to looks, attractive physical traits may serve as evolutionary cues for choosing a mate with a high likelihood of passing on healthy genes and living long enough to raise a child, the researchers say.

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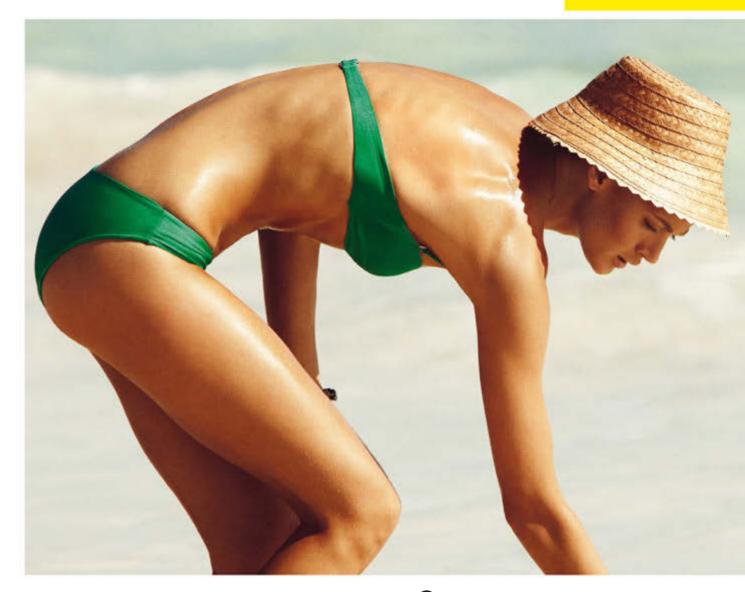
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# **Burn Notice**

An entire generation of women has grown up schooled on the critical importance of sunscreen. So why are more of us being diagnosed with skin cancer than ever?

By Jenna Rosenstein

ecause I spent the first 18 years of my life in south Florida, I learned early that people either love the sunshine or are, like me, shade-seeking vampires. My mother was in the first group—a member of the baby-oil-and-reflector club—until she was diagnosed with malignant melanoma, the most aggressive form of skin cancer, at age 23 (she found a second melanoma in 2000; both were removed with surgery). I wore her diagnosis like a permanent wide-brimmed hat throughout my childhood, knowing that my risk of developing one as well was significant. I did my eighth-grade science-fair project on skin cancer. I never let myself tan. (My prom makeup artist had to pull my foundation shade, alabaster, out of storage: "I have never used this on anyone in Miami before!" he marveled.) I stood out like a fir among palms.

But it wasn't just my pallor that made me the odd girl out; my ardent commitment to sun protection did, too. I wore dorky cover-ups at the pool and performed sunscreen-application ambushes on my friends. There was a disconnect between what I knew—that all UV exposure, at the beach and during a normal day, contributes to premature aging and skin cancers—and what my perfectly smart peers were doing. Hitting the beach after

school was a common social activity, as was indoor tanning. Nothing could stop them from baking.

So why is it so hard to get young women, my friends included, to quit tanning, both outdoors and in? The main reasons are as simple as they are intractable: Many young women love the way a tan looks—and the way the sun feels. "If you can't tone it, tan it" is a phrase I've actually heard from a handful of friends. "In my research, people say it makes you look healthy, thinner, and outdoorsy," says Joel Hillhouse, an associate dean of research at East Tennessee State University in Johnson City, who specializes in skin cancer and tanning. And when someone regularly tans, they're hooked on that warm, happy, energized feeling. UV exposure releases endorphins, which is possibly why people with seasonal affective disorder or low serotonin levels are more likely to be frequent indoor tanners. A recent study even found a genetic link to tanning addiction. "When someone is tanning, you see changes in the brain in the same area associated with other addictive behaviors," says Brenda Cartmel, a senior research scientist at Yale School of Medicine and the author of the study. "After all, one hallmark of addiction is that you continue with the same behavior even though you know it's harmful." Combine that endorphin rush with all the things we regularly associate with summer—white bikinis, rooftop pools, BBQs—and it's hard to see the sun as evil. "Our relationship with the sun is inherently ambivalent," says Ellen Marmur, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. "The sun gives us energy, and it has amazing healing properties. It's not all bad. But it's hard to know the balance."

ere's what we do know: Skin-cancer rates have been on the rise for 30 years, despite decades of lectures about sunscreen. Skin cancer is the most common cancer in this country. Nearly 5 million Americans are treated for the disease each year, and the incidence rate is up 300 percent from 1994. Indoor tanning alone is linked to 419,000 cases of skin cancer a year in the U.S. Though melanoma represents only a small percentage of diagnoses, it can spread fast and be lethal, and it's the most common form of cancer among young adults aged 25 to 29. Between 40 and 50 percent of all Americans who reach age 65 will develop a basal-cell or squamous-cell carcinoma. It's a misconception that these are never deadly; they're sometimes fatal and can be disfiguring. "The rise in skin-cancer rates boils down to UV exposure," says Dawn Holman, a behavioral scientist in the division of cancer prevention and control at the CDC and a lead writer of the Surgeon General's Call to Action to Prevent Skin Cancer. "If we can decrease that, we can decrease the number of skin cancers."

By now, we all know better than to lie outside slathered in baby oil. You see tubes of sunscreen scattered on every Florida beach I went to growing up. The sunscreen section at the drugstore is as packed with options as the shampoo aisle, and we use daily moisturizers with SPF. But we're still not doing enough. Most skin cancers are preventable, but while the Skin Cancer Foundation and dermatologists have preached a multipronged approach—including seeking shade during the peak sun hours of 10 A.M. to 4 P.M., covering up with clothing, and using sunscreen daily—

the only rule that seems to have stuck so far is the last one. Which isn't a good thing. Sunscreen works, but it shouldn't be mistaken for a foolproof, magical elixir. "The number-one problem with sunscreens—all formulas—is that the average patient does not apply enough," says David Herschthal, the doctor who treated my mother's second melanoma and a professor of dermatology at the University of Miami Miller School of Medicine. "Number two is that they don't reapply it. They have a false sense of empowerment." That sense of invincibility, coupled with the lingering desire to achieve a moderate tan, leads to risky sunscreen behavior. "In the beginning of the summer, women will slather

on lots of sunscreen so they don't get burned," says Hillhouse. "But over time, they slowly back off so they can get a tan. But any tan still indicates damage."

Another problem is that until recently, sunscreens most effectively blocked UVB radiation, the kind that turns your skin red. The sun's other radiation, UVA, doesn't burn as severely, but it does age your skin and cause the DNA damage that leads to skin cancers. (In fact, says Hillhouse, there's some evidence that use of the older, UVB-only formulas allowed people to stay out longer in the sun with-

"IN THE BEGINNING OF SUMMER, WOMEN PUT ON LOTS OF SUNSCREEN, BUT OVER TIME, THEY BACK OFF SO THEY CAN GET A TAN."

out burning, leading to increased UVA-radiation damage.) It wasn't until 2011 that the FDA introduced the broadspectrum test, which ensures that sunscreens block both UVA and UVB rays effectively. (If a sunscreen isn't labeled broadspectrum, the SPF refers to only UVB radiation, not UVA.) It's an improvement, but anybody who's ever vacationed in the south of France (lucky) knows just how good European sunscreens are—silkier, more powerful. That's because overseas, sunscreen manufacturers have many more ingredients to choose from. Here on U.S. soil, sunscreens are treated like drugs, which means new ingredients are incredibly slow to be approved. Since 1999, there has been just one new active sunscreen ingredient approved by the FDA (and that was for limited use). For eight additional sunscreen applications, the agency has asked for more data, even for some ingredients that are used in Europe. President Obama passed the Sunscreen Innovation Act last November, and that law aims to get better ingredients approved-though how soon is still in question—because if we're going to be relying so heavily on sunscreen, it had better be good.

Smart sun protection should not be a matter of dodging the sun entirely, because where's the fun in that? Even a relative vampire like myself enjoys a day (or several) at the beach. What we should really aim for is knowledge: knowing when you've been out too long, knowing when you should see a doctor, knowing that sunscreen is only one part of the sun-protection equation. And once that information is as commonplace as a surgeon general's warning, it will be easier to enjoy the sun—a lot more safely.

The best sun protection you can get in a no-mess stick. How very neat.





# FROM LEFT: DAVID STESNER (MODEL); JOHN MANNO (STILL LIFES)

#### Witness Protection

Look, we're all bad at applying sunscreen. In fact, a study by L'Oréal Paris and the Melanoma Research Alliance found that 52 percent of American women grade themselves a C or lower on their sun-care habits. "I've never met anvone who wears sunscreen on 100 percent of their body every day," says Ranella Hirsch, a dermatologist in Boston. On average, we apply about half the amount we need to in order to get the SPF written on the bottle. Here are the rules of good sun protection they're easier than you think.

Watch for grade inflation. The difference between SPF 15, 30, and 50 is guite

small; they block out 93, 97, and 98 percent of UVB light, respectively. The FDA has regulations pending that would prevent sunscreens from labeling themselves anything above SPF 50 (which is why so many on the market now call themselves SPF 50+). Most dermatologists recommend SPF 30 for everyday use and SPF 50+ for outdoor activities. Your sunscreen



Take it all off. Applying sunscreen before you put on your bathing suit or hiking getup will ensure you get the most even application and protection. "You can get UV damage through your clothing," says Marmur. "If you can see through the fabric at all when you hold it up to light, it's not protecting you."

skin readily and dry transparent). With

both, reapplication is key.

Ignore the shot-glass metaphor. The FDA tests sunscreens on a scale of two milligrams for every square centimeter of skin, which translates to about an ounce, hence the commonly cited shot glass. Problem is, we don't keep barware in our bathroom, and that rule doesn't

help with sticks and sprays. With a lotion, place a heaping quarter-size dollop of sunscreen on each body part (each arm, each leg, your stomach, and so on) and rub it in. "For sticks, you need at least two passes back and forth-four layers total-all over your skin," says Joshua Zeichner, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. And with a spray, hold the can about an inch away and spray until your skin glistens (and make sure you rub it in).

#### The right amount looks ridiculous.

If you are a fan of exact measurement, vou need half a teaspoon of sunscreen for

> your face to get the full SPF. It will be thick and difficult to rub in at first (see picture), even if the formula is sheer. Heidi Waldorf, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai, recommends rubbing in half, letting it absorb, then applying a second layer.

Give it time. Chemical sunscreens need to be applied at least 20 minutes before vou go outside to give them enough time to absorb. (Physical blockers, like

zinc and titanium, need less time, since they sit on the surface of your skin.) Make sure you cover the backs of your hands, the tops of your feet, your ears, your part, and the back of your neck, says Zeichner.

Watch the clock. If you're outside in the sun, you need to reapply every two hours. You probably already knew that-and don't do it. Have Siri set a timer so you won't forget. And use common sense. If you've been swimming or exercising, you need a new layer every hour. (If you've been sitting in a dark cubicle, your A.M. application of SPF 30 is enough.)

Don't rely on sunscreen alone. It's just one part of your sun-protection arsenal. "Sunscreen is most effective when paired with other forms of protection. like shade and clothing. And try to avoid midday, when the sun is most intense." says Holman. Shop for beach gear the way you shop for a bicycle helmet: What really matters is whether that hat and rash guard are keeping you safe.



This is what the recommended half teaspoon of sunscreen—in this case a physical blocker-looks like just after it's applied. It eventually sinks

#### **RAY BAN**

What looks like a sunscreen, acts like a sunscreen, but doesn't feel like one? The latest batch of broadspectrum UV fighters feel so light. you'll be out of excuses.

#### If you straight-up hate how sunscreen feels:



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our skin. It feels bare but hydrates while minimizing shine.

#### If sunscreen makes you feel extra sweaty:



Neutrogena CoolDry **Sport Sunscreen Lotion** SPF 30. This lotion looks white out of the bottle, but it blends in instantly. The formula allows sweat to evaporate normally, so you don't

feel smothered-or overheated.

#### If you have oily skin and sunscreen makes it worse:



SkinCeuticals Physical Matte UV Defense Sunscreen SPF 50. If a sunscreen and a mattifying primer had a baby, it would be this tinted cream. This physical blocker doesn't interfere with makeup,

absorbs oil, and layers seamlessly.

#### If you don't want to look white and pasty:



L'Oréal Paris Invisible **Protect Clear Cool Lotion** 50+. We can't decide what we love more-the skin-cooling jelly formula (with antioxidants) or the refreshing citrusy scent.

#### If you can't squeeze it into your skin-care routine:



La Roche-Posay Anthelios **AOX Daily Antioxidant** Serum SPF 50. Don't be fooled by the watery, distinctly un-sunscreenlike texture. This serum is packed with free-radicalfighting antioxidants and

broad-spectrum UV fighters.

#### If you hate reapplying after getting out of the pool:



**Shiseido Ultimate** Sun Protection Lotion Wetforce SPF 50+. Sweat and water are notorious for washing away sunscreen, but the one in this lotion is

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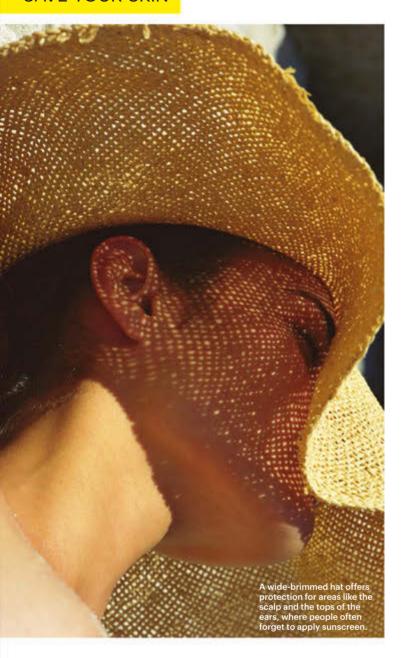


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#1 DERMATOLOGIST RECOMMENDED SUNCARE



#### **Ready to Wear**

A new device aims to simplify sun protection by calculating exactly when you've been overexposed to UV radiation. The June is a leather bracelet with a metallic, faceted sensor that measures UV exposure based on your skin tone and the UV index at your location. A smartphone app then analyzes your current exposure and suggests appropriate sun protection. Tell it how much SPF you're wearing and it will alert you when to seek shade and reapply your sunscreen. Though the concept of safe and unsafe sun exposure may be questionable, we like having a friendly reminder to be better about our sun protection. Unlike the Google Glass, it's a piece of wearable technology we didn't mind wearing.



The June costs \$99.

### **SPF Myths**

The latest excuse for not wearing sunscreen? Fear of sunscreen itself. We pored over the data to separate fact from fiction.

#### Don't I need to get vitamin D from the sun?

No. In fact, Holman notes that the dietary recommendations for vitamin D intake are based on an assumption of minimal sun exposure. You can get most of it from your diet-especially if you like salmon and tuna-or from vitamin supplements. It's true that UVB is needed for vitamin D synthesis in the skin, savs Herschthal, but vou get enough even while wearing sunscreen.

## Aren't people who wear sunscreen just as likely to get skin cancer? It's

true that some reports have found that regular sunscreen use doesn't lower your risk of basalcell carcinoma or melanoma. Scientists suspect this may have several causes: an uptick in early-detection rates, more time spent in the sun because sunscreen creates a false sense of security, and insufficient protection against UVA radiation in some formulas. But if used and reapplied properly, "there's no question that sunscreens decrease your risk of skin cancer," says Herschthal. People who regularly wear sunscreen are up to 50 percent less likely to develop melanoma, according to a large-scale population study from Australia.

#### Are the nanoparticles in sunscreens safe?

Scientists have figured out how to make physical blockers—zinc oxide and titanium dioxide—so tiny that they appear almost translucent. Great, right? Yes, except that critics claim these microparticles

could seep into your body. Several studies have inflamed these fears, suggesting the particles can disrupt the immune system. But other studies have shown the particles never travel beyond the stratum corneum. Plus, "once applied to the skin, nanoparticles have been shown to clump together and are no longer considered nanoparticles," says Vivian Bucay, a dermatologist in San Antonio. If you're still unconvinced, embrace nanoparticles the European way: They're approved for use in lotions, but not sprays, where the risk of inhalation and internaltissue exposure is greater.

#### Can chemical sunscreens disrupt my

hormones? Short answer: maybe. Studies have been largely inconclusive (and mostly on rats, not humans). The most notorious of the UV filters is oxybenzone (it's been FDA-approved since 1978). Also referred to as BP3, this member of the phenol family is so omnipresent that one study estimated that traces could be found in the urine of 96 percent of the U.S. population; it has also been found in breast milk and amniotic fluid. But that doesn't mean it's toxic. A 2004 study found that in the first 24 hours after applying oxybenzone sunscreen, testosterone levels in both young men and postmenopausal women did drop. But the difference was no longer apparent after four days of continuous application. Researchers ultimately concluded that the fluctuations were not tied to the chemical. The current consensus on oxybenzone is that the hormone fluctuations are not clinically significant.

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# MODEL OFFITY

With their cool, unstudied hair, models have kicked off one of the biggest beauty trends of the year, without making a bit of effort. We asked them—and the hairstylists who watch over them—how to achieve that offhand, off-duty look. By Catherine Q. O'Neill





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Let's go ahead and assume you did not wake up like this. Sometimes models don't, either. And if it feels bonkers to style your hair only to mess it up, you should know that they do it, too. "If my hair is too straight after I blow-dry it, I put it in a loose single braid for 30 minutes to give it a little wave. It's just a nice way to amp up your hair," says Lily Aldridge. Here, the tried-and-true methods for getting that smooth, slightly bendy (but not frizzy) texture every time.

#### **STRAIGHT**

If you have fine, straight hair—and many models do—skip conditioner and work a palmful of volumizing mousse (like Redken Full Frame 07 Volumizing Mousse) from the roots to ends of damp hair, then rough-dry it upside down without a brush so it doesn't look too done. If your hair is straight and thick, skip volumizer and work a nickel-size dab of heat-protecting cream (like Living Proof No Frizz Styling Cream) from midlength to ends, then dry your hair right-side up, using your fingers, not a brush, to pull down and flatten the hair. Once it's 90 percent dry, part your hair in the center and grab one- to two-inch chunks, fold them in half, and blast the blow-dryer with the nozzle attachment into the crease to create a bend. Repeat randomly all over (keeping the bends around ear level) so you don't have one uniform mark all across. "It gives a more natural undone look than a flatiron or a curling iron," says hairstylist Matt Fugate. Finish by misting on an aerosol dry shampoo (like R + Co Death Valley Dry Shampoo) rather than hair spray. "That makes it look lived-in as opposed to sticky or crunchy, and it adds a little hold," says Fugate.

AIR-DRY TIP: With straight hair, there are two ways to get this texture by airdrying. Wash and comb your hair, then rake some wave-enhancing foam (like Tresemmé Perfectly Undone Sea Foam or John Frieda Frizz Ease Air-Dry Waves Styling Foam) through it. Tuck it behind your ears—"a trick I learned from Kate Bosworth," says Josh. "It gives you just the right amount of bend to frame your face." Or leave your damp hair tucked inside your jacket on your way to your destination. "That gives it a slight bend at neck level," says hairstylist Frankie Foye, who works with Behati Prinsloo and Lindsay Ellingson.

#### WAVY

Wavy hair is already halfway to model-off-duty texture. You just need to straighten the roots and ends a bit. Massage volumizing mousse through your damp hair and roughdry it using a mix of your fingers and a boar-bristle paddle brush, focusing on pulling the roots and ends straighter than the midlength ("but don't brush it too much because you want to keep body," says Fugate). Either put it in a few staggered low ponytails for 15 minutes to reinforce the bends, or use a beveled flatiron to enhance them at ear level, running the flatiron halfway down the midlength horizontally and flipping it once, then releasing it quickly so the hair doesn't look too straight or shiny. "Keeping the hair slightly dry-looking is key," says Josh.

**AIR-DRY TIP:** After combing your wet hair straight, work some smoothing cream from midlength to ends and pull the hair into two low buns, leaving the ends free. "That helps stretch out the wave pattern a bit," says Josh. And it keeps the hair straight from roots to ears, which is what you want.

#### CURIY

Work a straightening cream (like Pantene Pro-V Smooth Blow Dry Crème) through your hair, blow it dry with a round, boar-bristle brush, then sleep on it—or tuck it into your jacket collar if you dry it in the morning.

**AIR-DRY TIP:** Let's be real—your hair will air-dry with kinks, not loose bends. If you have looser spirals, though, rake some straightening cream through your wet hair and pull it into four tight, low buns to stretch out the curl pattern, advises Josh. Sleeping on it wet also helps flatten the curls even more.



## PARTING WAYS

Center-parted hair is as key to a model's look as long legs and a Saint Laurent motorcycle jacket. It's "the epitome of cool," says Josh. Stop the part no more than three inches back from your forehead or it can make your hair look flat, says Foye. The other parting option is the swoop. Give yourself a side part, using your fingers to push the hair up and over to one side so you have a deep side part—or virtually no hair on one side (à la Kristen Stewart). "This brings the attention to the eyes and cheekbones," says Fugate. "Models always swoop their hair so that it opens up their good side."

"I TIE MY
HAIR IN TWO
BUNS, SPICE
GIRL STYLE.
WHEN I TAKE
IT OUT, IT
HAS THAT
MESSY LOOK."
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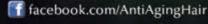




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Top models share their styling tricks and go-to products.



#### Gigi Hadid

Natural texture: "A little wavy."

Styling trick: "I book a haircut or blowout the day before an event so my hair is a little dirty and undone. And when I'm not working, I put it in a bun and don't wash it for several days."

Greasy-root cover-up: "My New York

**MVP:** "Every day after I brush my hair, I use a John Frieda serum to make it smoother and less dry."

Miracle treatment: "My colorist does a Japanese conditioning treatment. It works so well that I keep doing it."



#### Lily Aldridge

Natural texture: "Not quite wavy, not quite straight."

**Styling trick:** "I dry my hair and put it in one long braid down the back for 30 minutes for a nice bend."

MVP: "Windle & Moodie cream. I put it in after I braid my hair, and it makes it so smooth." Miracle treatment: "I take a lot of omega-3-6-9, which is good for your hair and makes it healthy and shiny."



#### Liya Kebede

Natural texture: "Overworked. It's lost all its naturalness."

Styling trick: "The best hair is slept-in hair. I sleep in it and don't comb it. It's perfect."

MVPs: "I use Kérastase masks and shampoos from the Nutritive line. I'm using the Kérastase Resistance line now because my hair needs more attention."

**Miracle treatment:** "I put organic oil in my hair before I wash it, and it makes a big difference for moisture. I'm trying a jojoba oil now."



#### **Candice Swanepoel**

Natural texture: "Stick straight."

Styling trick: "After blow-drying, I tie it in two buns, Spice Girl style. When I take it out, it has that messy look."

**Greasy-root cover-up:** "Thank God for beanies."

MVPs: "I love Kérastase masks and olive oil. Olive oil is actually really great for blondes." Miracle treatment: "I go to Brazil and have the dead ends burned off. It's scary, but it works, and you don't lose unnecessary length. I found out about it from [model] Iza Goulart."



#### **Riley Montana**

Natural texture: "It's a little kinky. If I wet it, it shrivels up to my scalp, but it's really strong. Once I blow-dry it out, it's thick, and I like it, but it's a lot to maintain."

**Styling trick:** "I sleep with a ponytail, wake up, and am on my way."

Greasy-root cover-up: "For African-American hair, we need the oils. Oils are good."

MVP: "I'm still trying to find the perfect product, but Biosilk is really nice."

Miracle treatment: "A hot-oil treatment at

the Fekkai salon on Fifth Avenue.'



#### Elsa Hosk

Natural texture: "Wavy, but it depends where I am. In Miami, my hair is curly and frizzy, but in New York, it's really good."

Styling trick: "I wake up with a wave and people think I've done my hair, so I'm lucky. If it's too curly, though, I'll flatiron the ends to make it look cool. And some dry shampoo to add texture."

**MVP:** "A Mason Pearson brush—or any good brush that won't break my hair."

Miracle treatment: "Once in a while, I sleep in a Kérastase hair mask."



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# AVID STESNER

# DIRECTORY

#### **BARE ESSENTIALS**

#### Spruce & Bond

#### **Christi Alldredge**

#### 25 Bond St., 212-366-6060

The place: If the purpleand-Lucite palette feels familiar, it's because this used to be Completely Bare. The chain relaunched with a less "I got a Brazilian after watching Sex and the City" vibe.

The technique: Alldredge instructed us to curl into the fetal position before lying on our back so she could get the most-sensitive inner areas out of the way first. She used a stripless hard wax and tackled the strays with tweezers.

**The extras:** The online booking was easier than ordering from Seamless.

Bottom line: We had to take a breather between yanks, but considering that we never got ingrown hairs, we'll come back even if it means enduring another aggressive laser-package sales pitch. Bikini wax, \$75.

#### Strip Ministry of Waxing

#### **Natalia Romanenko**

#### 56 Spring St., 212-431-1121

The place: The waiting area is industrial and kitschy (brick walls, a neon-lit reception desk, the sign "Two million bushes pruned and counting!"); the treatment rooms are minimalist and spotless.

The technique: Using a hard paraffin-based wax that shrink-wraps every hair to minimize pain, Romanenko removed each swath with a single swift tug.

The extras: Every client receives a cute squeeze ball and a pack of sticks for the wax.

Bottom line: We've accepted that all Brazilian waxes hurt (a lot), but this one was so mild, we didn't use the stress ball once. We were fully smooth in 15 minutes, without our usual postwax irritation. Brazilian wax, \$75.



The wax made for Uni K Wax Center removes hair without tugging skin.

#### **Uni K Wax Center**

#### **Beatriz Aquirre**

#### 521 Columbus Ave., New York City, 212-481-2772

The place: As the Uni K chain continues to expand, its look improves. This new location (the company's sixth in Manhattan) is brighter and airier and feels a little less like you're in the waiting room at a doc-in-a-box.

The technique: Aguirre gave us a warning before pulling off each piece of hard green wax, an all-natural blend of pine resin, essential oils, and beeswax made at the salon's south Florida factory.

The extras: Gel ice packs and aloe cream to soothe the sting.

Bottom line: As waxing veterans, we found Aguirre's bracefor-impact approach slightly annoying, but it might be welcome for first-timers. We were, however, thrilled with the silky results. Brazilian wax, \$45; 10 percent off first visit.

## PHILADELPHIA European Wax Center

#### Jenny Le

#### 35 S. 18th St., 215-561-1250

The place: This pristine, plain waxing studio with six treatment rooms is built for volume and speed.

The technique: Le's conversation was friendly, but her wax was all business. She used a hard blue formula to

remove every hair in just over ten minutes and finished with a calming serum. The extras: After each flick

of her wrist, Le quickly pressed the area with her palm to reduce the pain.

Bottom line: We'd come back again for the fast, impeccable wax that left us smooth and ingrown-free for weeks. Brazilian wax, \$47; 50 percent off first visit.

#### WASHINGTON, D.C. Headliner Hair Salon

#### Semi Cece

#### 5008 Connecticut Ave., NW, 202-966-9662

The place: This neighborhood spot has closet-size treatment rooms and a wall covered with local awards.

The technique: After all our warnings about our low threshold for pain, we barely noticed the tugs of warm wax on our sensitive skin.

The extras: Cece taught us a yoga-like breathing exercise. Bottom line: The nearly pain-free wax more than made up for the spa's lackluster interior. Bikini wax, \$35.

# ATLANTA Defined Sugaring Studio

#### **Marlonda Currie**

#### 375 Pharr Rd., 404-464-7146

**The place:** The chic studio has all the privacy you want when you're pantsless for the full hour Currie says to set aside for the appointment.

The technique: She used a blend of sugar, lemon juice, and distilled water to eliminate every hair (we requested a triangle but left bald).

The extras: Currie applied a mud mask over the waxed areas and left it on for 20 minutes—too long (and too naked) for our taste.

**Bottom line:** Currie turned a wax into a spa treatment, but we felt the mud mask was a waste of time. Brazilian wax and mud mask, \$70.

#### \*\*\*\*

#### CHICAGO Mario Tricoci Hair Salon & Day Spa

#### **Eleanor**

#### 900 N. Michigan Ave., 847-202-1900

The place: Beyond the busy hair salon, the individual



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# DIRECTORY

#### BARE ESSENTIALS

treatment rooms are surprisingly spacious and tranquil.

**The technique:** We barely felt a pinch from the stripless wax Eleanor used to create a perfect triangle.

**The extras:** Enough cucumber water and fresh fruit to kick off a cleanse.

Bottom line: A friendly staff, an immaculate salon, and a painless wax—the entire experience was smooth and flawless. Bikini wax, \$35 and up (our bill: \$35).

#### DALLAS Spa Habitat Shahla J.

#### 3699 McKinney Ave., 214-522-9989

**The place:** Everything about this spa is eco-friendly and luxurious.

The technique: Shahla's chatter kept us distracted, but we snapped to attention when she hit us with too-hot wax. After it cooled, she gave us a speedy wax, leaving no hairs or bumps behind.

**The extras:** A heated, cushy bed and neck pillow that would've put us to sleep if our hair weren't being ripped out.

**Bottom line:** The tiny patch of burned skin stayed red for a few days, but other than that, the wax job was thorough. Brazilian wax, \$80.

#### SAN FRANCISCO The Tidy Shoppe

#### **Tricia Gillespie**

#### 4050 Geary Blvd., 415-668-4050

The place: With ironic Victorian portraits on the walls and Coachella-style flower crowns for sale, this salon could be mistaken for a Mission District bar. The technique: Owner Gillespie sprayed us with numbing lidocaine before rapidly zipping off the wax with strips of cloth.

**The extras:** Take-home cards with postwax maintenance tips and a free anti-ingrown cream.

Bottom line: We were surprised that Gillespie didn't leave any hairs or irritated skin, given her brisk pace. Brazilian wax, \$65.

#### LOS ANGELES Sugaring LA

#### Maia Yamamoto

#### 1229A Montana Ave., 310-795-2585

**The place:** It's hard not to relax, even for a Brazilian wax, in this bright, flower-filled place.

The technique: Yamamoto didn't waste time rolling out and yanking off a sugar paste. In fact, we had to ask her to give us a beat between each flick.

The extras: There's a pretty display of body scrubs for sale by the front desk. Bottom line: Most waxes feel molten on our skin, but this sugar formula was pleasantly lukewarm and left us noticeably less sore afterward. Brazilian wax, \$65.

#### Belladonna Face and Body Clinic

#### Mihaela Corcoz

**230 S. Robertson Ave., Beverly Hills, 310-360-6300** 

**The place:** Clients come to the renovated, upscale space for Corcoz's famed work, not the decor.

The technique: The 30-year veteran spread on the wax with smooth efficiency and removed it with speed and total control for an ideal, even shape.

**The extras:** Corcoz entertained us with funny waxing terminology (did you know "sphinx" means totally bald?).

Bottom line: We feared our first (yes, first) wax would be some combination of awkward, painful, and irritating. Corcoz put us at ease with a comfortable experience. Bikini wax, \$40 and up (our bill: \$50).

#### Waxing Skincare by Ruth Korn Ruth Korn

#### 175 Pier Ave., 310-581-3696

**The place:** The salon is particleboard beige, and the treatment room is cluttered. But Korn's reputation as the best waxer in town still stands.

The technique: Korn laid barely enough paper on the table to cover our backside, alternated between soft and hard waxes, and dabbed on tea-tree oil. The extras: She gave us her direct number to set up any return visits.

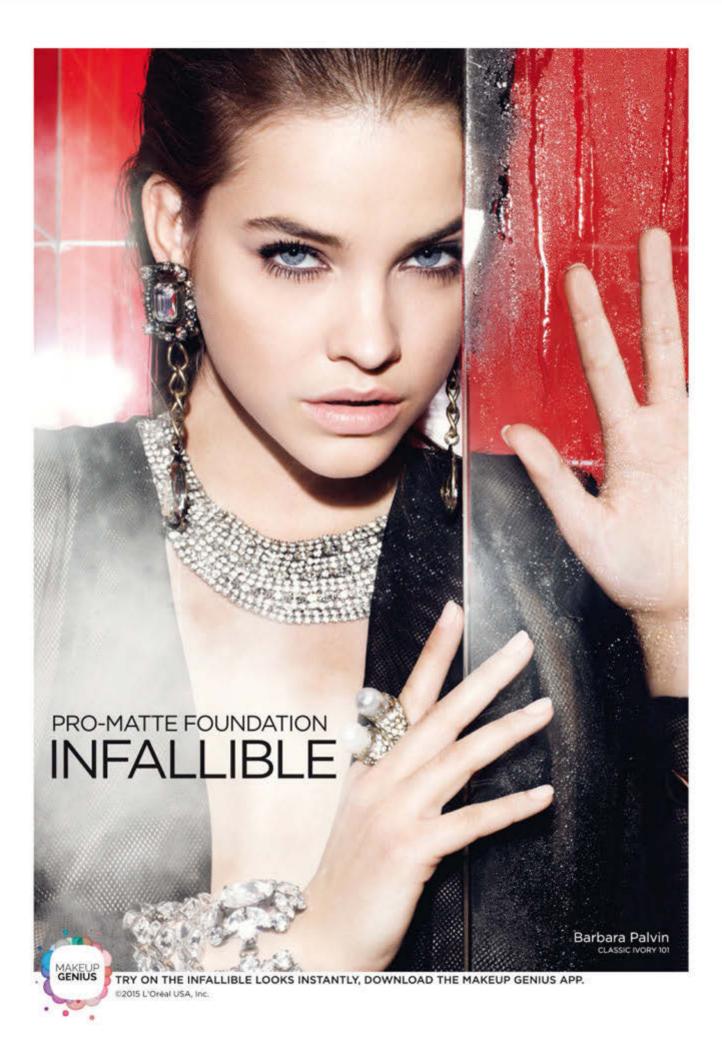
Bottom line: Korn wasn't shy about selling her skill. But she delivered on our high expectations, despite the humdrum setting. Brazilian, \$50 and up (our bill: \$50).

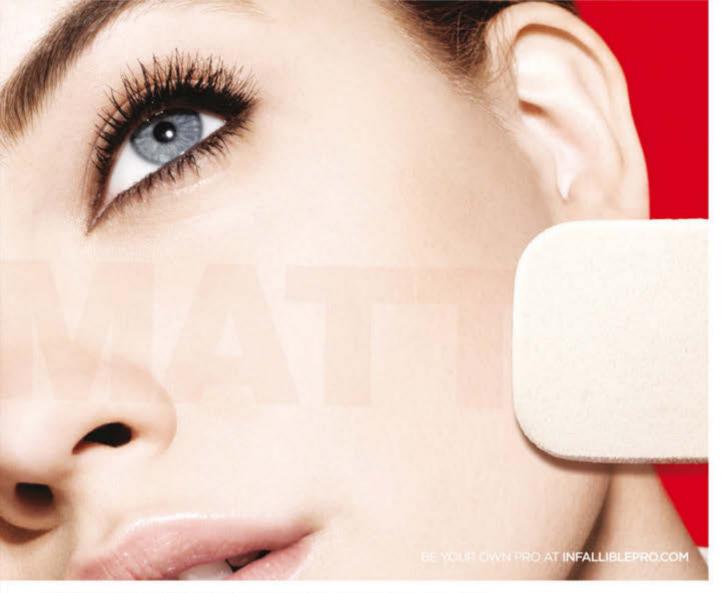
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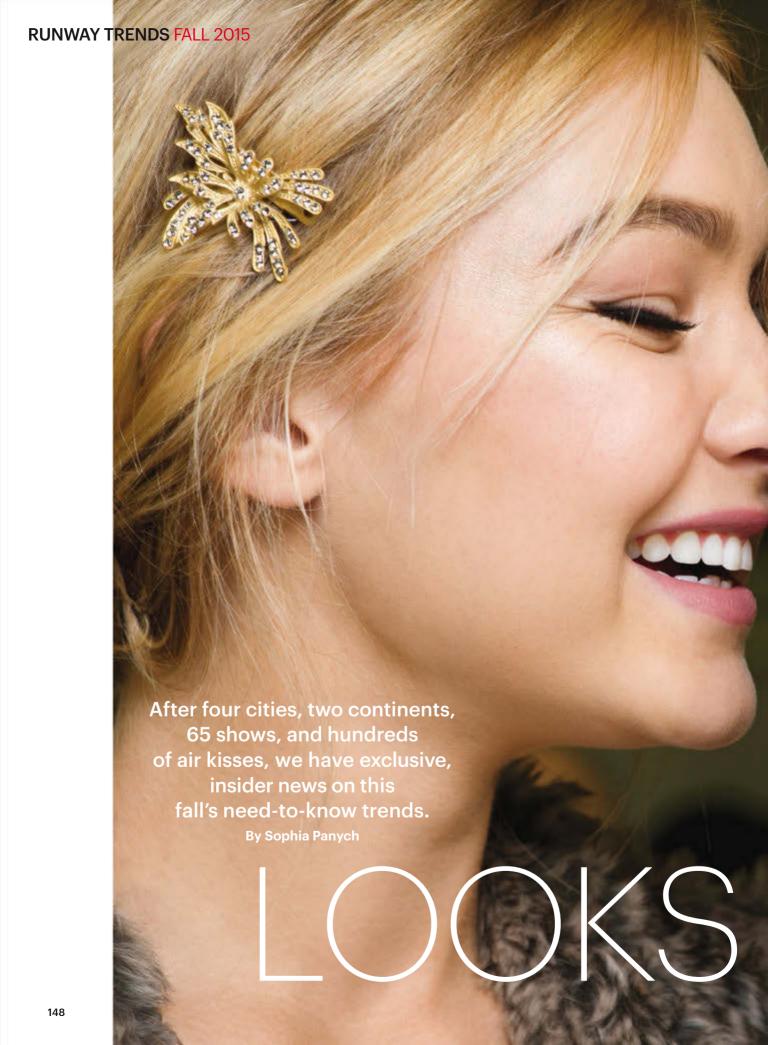


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#### LAYERS OF MASCARA

Makeup artists loaded so many coats of mascara on the lashes that at some shows, we started losing count—and the models' lids grew heavy. At Giambattista Valli, makeup artist Val Garland used a concealer brush to paint every lash from root to tip. "We wanted the girls to look young and cool, like they were still wearing last night's mascara and it was a bit messed up," she said. At Fendi, makeup artist Peter Philips employed a fan brush to sweep on multiple layers so that the lashes were thick, even clogged. The look requires a lightweight formula (like M.A.C. Mineralize Multi-Effect Mascara) that's easy to layer, which means anything labeled "volumizing" is off-limits.











#### **Face Jewels**

The most fascinating—if polarizing—
makeup was at Givenchy,
where jewels were glued on the
faces to look like piercings.
"We were playing with the idea of
a tough gang of girls," said
McGrath, who applied each pearl,
emerald, and ruby and a material
that looked like jet, the black
stone used for mourning jewelry in
the nineteenth century—
a nod to the Victorian theme.



#### NEAR-BLACK NAILS

From the front row, much of the nail polish on the runways looked straight-up black. But backstage, you could see that it was actually midnight blue, oxblood, eggplant, or indigo—colors so close to black they felt subversive, but less goth. To further trick the eye, some of the Dior models wore a different nearly-black polish on each hand.

L'Oréal Paris Nail Color in Haute Couture Red





# French Dressing "It's quintessential Parisian cool," said makeup artist Lucia Pieroni at Sonia Rykiel. She applied a smudge of black liner, a touch of mascara, and a swirl of pink cream blush with a stippling brush. Paired with a deep side part, it's exactly how we want to look all day, every day.



### Trick of the Trade Intense Eye Shadow

The sponge applicators that come in an eye-shadow palette are actually good for something. At Dior, Philips dipped the tool in water to transform ordinary powder shadows into supersaturated makeup paints. "The wet sponge helps push the pigment onto the skin," he said. "You can't get the same intensity with a brush."



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### **RUNWAY TRENDS FALL 2015**



### Big Eyes

Maybe they're Margaret Keane fans. Maybe they've been reading a lot of manga. But makeup artists went to extremes to give models saucer-size eyes this season. At Rochas, Pieroni created the optical illusion by framing the eye with lines along the brow bone and lower lashes. And at DKNY, makeup artist Yadim drew an eye around the eye with black liquid liner.







### BLACK EYELINER

The MVP of the season was black eyeliner, no contest. Makeup artists used it in all the traditional ways, to create graceful wings or rock and roll smudging, but they also drew outside the lines, fashioning sharp triangles at Anthony Vaccarello. Some makeup artists used liquid eyeliner like ink, drawing temporary tattoos—tiny hearts and arrows, stars and half-moons—around the models' eyes, above their brows, and on their hands at Giamba. "The girls are supposed to be young and rebellious, so why not have a tattoo or two?" said Garland.



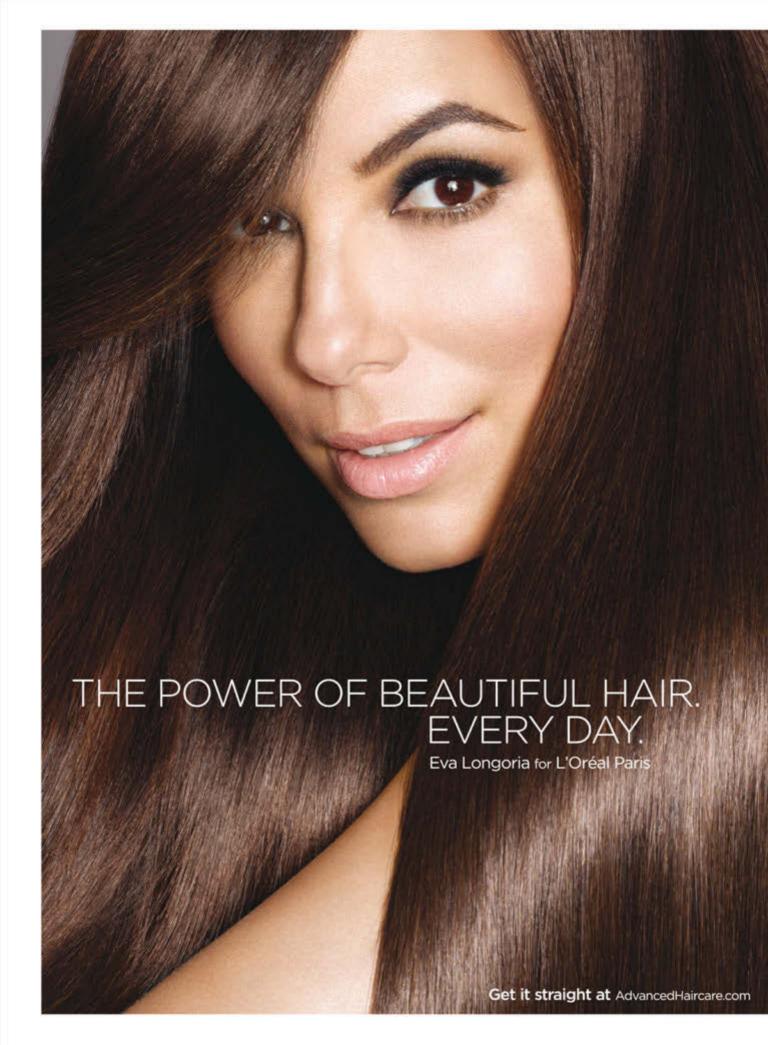
Number
of fashion shows
at which
black eyeliner
was used.



## BLACK RIBBONS & FRENCH TWISTS

The prettiest hair accessory was also the simplest—a black satin ribbon you can buy at a craft store. Yet the effect was anything but plain: Wrapped around disheveled French twists on many of the models dining at Chanel's catwalk-cum-brasserie, it was the perfect pairing of Parisian ladies who lunch and laissez-faire hair.





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### May 2015

## THE NAKED TRUTH

As long as there have been naked people, there have been people who've tried to throw them a fig leaf. But maybe nudity doesn't have to lead to protests! Outrage! Censorship! Maybe the day will come when the shocking act of being naked doesn't mean anything at all except, of course, that you're wearing no clothes.



4th century

Greek sculptor

Praxiteles places

Aphrodite's

hand over her genitals. His

statue becomes the model for the Venus pudica, the modest Venus.

The Roman Catholic Church declares the nude figures in Michelangelo's The Last Judgment obscene. A succession of artists paint clothes and shrubbery to cover the exposed saints and sinners



### 1863

Édouard Manet's Le Déjeuner sur l'Herbe is banned by the jury of the Paris Salon, Manet defiantly shows his painting at the new Salon of Rejects, where it causes a sensation.



The Motion Picture Production Code issues a full ban on nudity in the movies. The creators of Betty Boop even lower her hemlines and cover her shoulders.



At the height of the nation's culture wars, the **National Endowment for** the Arts vetoes a grant proposal from performance artist Karen Finley after she appears nude on stage with chocolate smeared on her body as "a symbol of women being treated like dirt."



### 2002

Under attorney general John Ashcroft, Spirit of Justice and Majesty of Justice, two seminude statues, are concealed behind curtains during speeches. (The curtains are removed three years later.)



### 2011

Facebook suspends the account of a French schoolteacher who posts a picture of Gustave Courbet's 1866 masterpiece L'Origine du Monde, which depicts a woman's genitals. The teacher's lawsuit against the social-media giant is still pending.

# Nothing to Hide

Stepping in front of a camera naked is a statement of confidence. These actresses have the guts and deserve the glory. By Elizabeth Siegel

What's the difference between a naked picture and a nude portrait? In a portrait, as seen with the five actresses on these pages, all of whom play butt-kicking roles, sexiness comes through in the curve of a hip, a hint of cleavage—and a powerful mind-set. "A friend asked me, 'What's your goal

with this shoot?' And I said, 'To feel confident in my body,'" says *Vikings* star Katheryn Winnick. The photographs celebrate bodies for their differences. As *Orange Is the New Black* actress Laverne Cox put it, "It's about capturing the emotion that's attached to posing—simple, but brilliant."

### NICOLE BEHARIE

Beharie, 30, has experience being physical onscreen, whether in bed with Michael Fassbender in *Shame* or "fighting demons in the woods" in *Sleepy Hollow*. As for the latter: "It requires athleticism. As a woman, it's good to be able to handle your own shit."

How do you stay in shape for Sleepy
Hollow? "I run; I do a lot of dance classes;
I swim; I really love lifting weights. I'll make
myself do something every day, even when
my heart's not in it."

What was the best part of the shoot?
"I just turned 30, and I was really nervous
[about posing].... But I wanted to celebrate
and accept my body in an artistic way."

Do you have a favorite body part? "I love my bum. I have a good bum."

Makeup colors: Naked Illuminated Shimmering Powder for Face and Body in Aura and BB Body Beauty Balm by Urban Decay. These pages: Hair, Teddy Charles; makeup, Hung Vanngo; manicure, April Foreman. Prop stylist: Bryn Bowen. Sittings editor: Paul Cavaco.

















# Geta Better Body

We're all for **body positivity.** Yours is indeed a temple, mighty and **magnificent**, a sight to behold! But come on, even Angkor Wat needs some upkeep. To do our bit, we've uncovered the newest, **most effective** ways to get your skin equal parts **silky** and **taut**—from your shoulders to your toes—and the **workout tricks** that ensure everything's in the right place. Take just half of this **advice** and we're positive about one thing: Your body will be extra worthy of worship.

By Kayleigh Donahue Hodes



### A BETTER WORKOUT

If the definition of insanity is doing the same thing over and over and expecting a different outcome, then sticking to the same exercise routine in hopes of a better body is nuts. Here's how to mix it up and increase your calorie burn, for crazy-good results.

Let your playlist break up your run. "Every time the chorus of a song comes on, pause in place and hop your knees up to your waist—or higher if you can—on the beat. Start running again when the chorus is over and repeat the routine every other song," says celebrity trainer Taryn Toomey.

**Distract yourself.** "When we're watching a video, studies show that we have a lower rate of perceived exertion, so we work out harder," says celebrity trainer Harley Pasternak.

**Keep your body guessing.** "Constantly change the speed or incline of the machine you're on—if it's the treadmill, for example, every 30 seconds to a minute, increase it by 0.1 or 0.2 so your body is forced to adapt," says celebrity trainer Justin Gelband.

Pepper strength training with highintensity cardio. In between every set of bicep curls or lunges, get your heart rate up. Celebrity trainer David Kirsch recommends a few sets of 20 jumping jacks, three minutes of jumping rope, or ten burpees (stand, jump back into a plank, jump forward into a squat, then jump up into a standing position).

**Stay cool.** "Our bodies burn more calories in the cold because it takes more energy to heat ourselves back up," says Pasternak, who recommends keeping a workout room at around 66 degrees or exercising outside on a brisk morning. (This doesn't mean you have to ditch your hot-yoga class—just know that the heat is keeping your muscles flexible, not torching extra calories.)

### Take It All Off

If your destination is body hairlessness, there are two paths before you.

The Kim Kardashian approach—laser from forehead to feet—
and the road more often traveled: a combination of blades, wax, and
maybe a few beams. Here, a hair-removal GPS:

### **Forearms**

Shaving: It's the quickest fix, but the gratification is fleeting. "A hair that's been sliced off by a razor is thick and blunt. In other words, prickly," says Jeffrey Dover, an associate clinical professor of dermatology at Yale School of Medicine. Much smoother options: waxing or, if you have dark arm hair, a laser.

Waxing: If the hair is more than an eighth of an inch long, soft wax (the kind that's ripped off with cotton strips) can remove it no matter the thickness, says Sarah Santiago of Stark Waxing Studio in Los Angeles.

Laser: The darker the hair, the easier it is to laser—and get rid of for good. (If you have blonde fuzz on your arms, wax it or consider the fact that it's likely visible only to you.)

### **Underarms**

Shaving: It's the obvious choice, but you're probably doing it wrong. Lather up with a rich shaving gel and, working with a sharp blade (change it once a week if you shave daily), "shave in the shape of an asterisk—a cross and then an X—to make sure you get every part of the natural whorl pattern of the hair," says Marmur.

Waxing: Hard, stripless wax is great for the thick, coarse hair that grows here, but there's a catch. "You have to let the hair grow out for three weeks before you can wax again," says Santiago. (Also, it hurts.)

Laser: "If you're going to pick one area of your body to splurge on lasering, it should be your underarms," says Marmur. "Not only is that hassle gone, but the procedure can also help reduce sweating."

### **Bikini**

Shaving: The night before you shave, rub body oil over the area. "This will soften the hair for less irritation," says Marmur. Also, think about using an electric trimmer first to make the task easier. Apply a thick shaving gel, "then shave your first pass in the direction the hair grows and the second pass against the grain," says Marmur.

Waxing: A hard, stripless formula causes the least pain—it acts like shrink-wrap around the hair and doesn't remove any skin. Two days after waxing, gently exfoliate with a loofah on dry skin to prevent ingrowns.

Laser: "The hair in this area is usually dark, which makes it easier for the laser to target," says Kimberly Butterwick, a dermatologist and cosmetic surgeon in San Diego. "But if you do it in the summer, make sure the skin isn't tan or you risk burns."

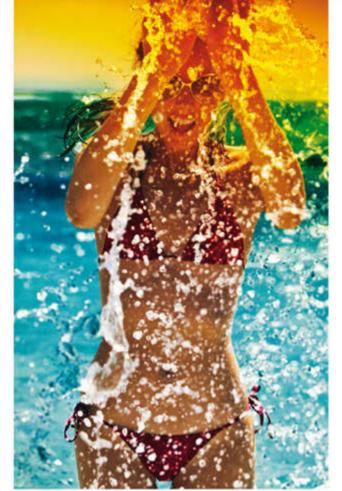
### Legs

Shaving: Follow the underarm rules (lots of lather and a sharp razor). It's the most temporary option, which is fine for women with blonde leg hair who don't notice regrowth for a few days. But if your legs have a 5 o'clock shadow, "you're a great candidate for laser," says Dover.

Waxing: Soft wax can cover large surfaces, like your legs, quickly. You need three to six weeks of hair growth before you can wax, though. Laser: If you have dark hair, "the legs have the best success rate with laser removal because the hair growth is not as connected with hormones as it is in other areas," says Dover.

### **SELF-TAUT**

Regular workouts can keep your muscles tight but not necessarily the skin above them. For small areas of laxity—like the backs of your arms—four to six sessions with a nonablative fractional laser (like Fraxel Dual) can improve the texture of crepey skin. For actual tightening, doctors turn to Ulthera, which uses ultrasound technology, and Exilis, which uses radio frequency. Both heat the deeper layers of skin to stimulate collagen production; after three to six months—you'll need at least two sessions of Ulthera and up to six of Exilis—your skin should be tighter and firmer. However, neither process is pain-free. At all. Patients need powerful pain medication, and redness lasts for at least two days. Each session starts at around \$1,000. A newer option is ThermiRF. Like Exilis, it uses radio frequency, but it involves inserting a small probe underneath the skin for better temperature control and precision. "It has the ability to melt a little fat as it tightens the skin, so it can be a good option for larger areas where you want that bit of fat melting and lift, like the buttocks," says Mitchel Goldman, a clinical professor of dermatology at the University of California, San Diego.



### FRESH SURFACE

Let's cut to the chase: Nothing you rub on your skin is going to magically erase scars or stretch marks. At the doctor's office, though, you might just make them disappear.

### SCARS

Several monthly shots of cortisone can flatten thick scars, says Dover. But to really make a difference in their appearance, you'll also need three to five sessions with a laser, either a vascular one (like the Vbeam pulsed-dye laser) to tackle redness, a fractional one (like Fraxel Restore) to resurface the skin, or a combination of the two.

### STRETCH MARKS

Raised scars occur when an injury creates too many fibroblasts in the skin; stretch marks have very few of these collagen-producing cells—meaning there isn't much within their smooth white expanse for a laser to stimulate. A fractional laser may make a stretch mark less noticeable, but it's not going to disappear. If you're an owner of new stretch marks, you still have a small window to get rid of them completely. "If we catch stretch marks when they're red, there are still fibroblasts in that spot, and one or two treatments with a nonablative fractional laser, like the new ResurFX, can get them almost to a point where you'd need a magnifying glass to see them," says Goldman. And he's not kidding about acting fast—his patients range from teenagers going through a growth spurt to mothers who just had a baby (as in a few days prior to their laser appointment).

### **Leg-Vein Fixes**

Don't bother uncrossing your legs—genetics is the main cause of visible leg veins, and these are the only ways to make them disappear.

**Self-tanner:** Apply it at night and the blue lines will be less noticeable by the time you wake up. "If you're really pale, you need to go at least two shades darker than your natural skin color, though," says Anna Stankiewicz, a spray tanner at Louise O'Connor OC61 Salon & Spa in New York City. And skip self-tanners with shimmer. "Especially if the veins are raised," says Jenni Blafer, the owner of the Sunkissed by Jenni salon in Los Angeles. "The light reflection will make protrusions more pronounced."

**Sclerotherapy:** To vaporize spider veins, a doctor injects each one with a detergent solution that makes it collapse. Sounds intense, but "if you can handle a small needle prick, you can handle this," says Robert Min, the chair of radiology at Weill Cornell Medical College in New York City. You usually need three to five treatments to eliminate an entire web of veins.

**Endovenous laser:** This is the gold standard for treating varicose veins, the ones that bulge. "A laser is inserted into the problematic vein to seal it closed," says Min, who pioneered the treatment. The vein often disappears immediately but might need a sclerotherapy follow-up. A new option is a treatment called VenaSeal that was just approved by the FDA. A doctor injects veins with a medical glue that seals them off. It's too early to know its long-term success rate, but it could be a less invasive alternative to the endovenous laser.

of women would rather look fit than thin. –allure.com poll

### **A CLEAR WINNER**

Some body bumps are acne (pores clogged with bacteria); others are folliculitis (hair follicles inflamed by bacteria and friction). For either, dermatologists have a new favorite fix: BenzEFoam. The prescription benzoyl peroxide foam needs to be in contact with your skin for only two minutes in order to kill inflammation-causing bacteria. "It's formulated so you can get the maximum penetration of benzoyl peroxide quickly and then wash it away, for less risk of irritation," says Hilary Baldwin, the medical director of the Acne **Treatment and Research** Center in Morristown, New Jersey. Just apply the foam to bumpy areas before a shower, wait two minutes, and go about your usual routine. You should notice much clearer skin in less than a month.

### CELLULITE SOLUTIONS (REALLY AND TRULY)

Somewhere between Peter Paul Rubens and the advent of Photoshop, dimpled thighs came to be considered a full-blown affliction. With no known cure—until, perhaps, now. Two new treatments can actually destroy the septae, or bands beneath the skin, that contribute to cellulite. (Weight changes, hormonal fluctuations, and fluid retention can all cause the areas in between these bands to puff up, creating skin that looks puckered.)

Xiaflex, an injectable enzyme, is already FDA-approved to treat a hand condition and is now being tested in clinical trials to dissolve septae and smooth butts and thighs. In one trial, 150 women received three treatments, three weeks apart, of Xiaflex or a placebo. In each real treatment, up to 12 mild-, medium-, or high-dose injections were placed in dimples in one thigh or buttock. There was some bruising but no pain, says Michael H. Gold, a Nashville dermatologist who participated in the trial. Sixty-eight percent of patients who received medium or high doses reported being satisfied or very satisfied, compared with half that for placebo patients. "Xiaflex could be a game changer for cellulite," says Gold.

A device called Cellfina snips the pucker-causing bands. It's the first technology cleared by the FDA for improvement of cellulite that lasts at least one year. How it works: Each dimple (the average patient has 15 to 25) is marked with a circle the size of a silver dollar. The device delivers a shot of lidocaine to numb the area and then, with suction, grabs the circle and slides a tiny needle under the skin to cut the septae. "Patients report that it feels no different than getting a shot of filler," says Simeon Wall Jr., a plastic surgeon in Shreveport, Louisiana, who is participating in a Cellfina trial. There is typically no bleeding and only minimal bruising, and 25 dimples can be treated in one hour, says Michael Kaminer, an associate clinical professor of dermatology at Yale School of Medicine. Repeat treatments are not necessary. In a clinical study, Tylenol was the only painkiller necessary. So far the device works best on the buttocks. "It's magic there," says Wall. The technology hasn't yet been tested on larger areas, like the thighs, which tend to have more diffuse puckering rather than distinct individual dimples. One treatment costs between \$3,000 and \$6,000, depending on how many areas are treated. - JOAN KRON

### **A Firm Plan**

To find out how to get Heidi's abs, Karlie's arms, and Rihanna's legs, we went straight to the people who had a role in their creation (and we don't mean their parents). Celebrity trainers break down their secrets for firming up every body part.

**Abs:** "Lie flat on your back, gripping a stability ball with your hands on the floor above your head. Reach your arms and legs straight up and pass the ball from your hands to your feet. Lower and repeat 15 to 20 times."

—David Kirsch, who has worked with Heidi Klum, Kate Upton, and Liv Tyler

Arms: "Shadowbox. Stand with your feet hip-width apart, left leg one step in front of the right, your fists at your chin, and elbows in. As you pivot your right foot, punch your right arm across your body until your arm is 75 percent extended. Return to start, then throw a left hook. Repeat 12 to 15 times."

-Justin Gelband, the creator of ModelFit, who has worked with Karlie Kloss, Miranda Kerr, and Chrissy Teigen **Legs:** "Stand with your feet shoulderwidth apart. Step your right leg back and to the left, dropping your right knee behind your left heel. Repeat with your left leg. Do four sets of 20."

—Harley Pasternak, who has worked with Megan Fox, Rihanna, and Ariana Grande

Butt: "Stand with your feet shoulder-width apart. Lift your right knee so that your thigh is parallel to the floor and draw a circle in the air with your toe. Place your right leg down and sink into a deep squat. Rise and kick your right leg out to the side. Land back in the deep, wide squat and jump up, bringing your feet shoulder-width apart again. Do that 15 times on your right side, then 15 times on your left."

-David Kirsch

### No. Just No.

Two just plain bad ideas:

### 24-Hour Breast Implants

The idea is simple: Inject a saline solution (about 240 ccs. the equivalent of a tall latte) into each breast and you're the proud owner of perky C's (or D's, depending on your starting point). Norman Rowe, a plastic surgeon in New York City, invented the treatment to give women considering implants a way to see what their new breasts would look like. "Insta-breasts" cost \$2,500 and disappear within a day. "Saline spreads through the tissue and creates a diffusely swollen appearance, which is very different from implants," says Steven Teitelbaum, an associate clinical professor of plastic surgery at the David Geffen School of Medicine at UCLA. For a moment. let's look past the absurdity of one-day breast implants. Rowe now performs the procedure not just for women considering surgery but also for weddings and red-carpet events. In fact, 90 percent of his patients schedule the treatment for a Friday. OK, moment over.

### **Waist Training**

While it may sound like exercise, this means wearing a girdle so tight, it makes Spanx feel like pj's. We can thank Kim Kardashian for popularizing this form of body modification with an Instagram post in which her midsection was cinched by a band of purple Latex. If it sounds sketchy, that's because it is. "There isn't any evidence that wearing a corset for hours is going to change the body in a permanent way," says Philip Godfrey, a clinical assistant professor of plastic surgery at Weill Cornell Medical College. In fact, you could hurt yourself: Godfrey has treated patients who broke their ribs from aggressive girdling. - RAMONA EMERSON

### **The Right Foot**

"Gnarly" should describe the epic waves in Costa Rica, not your feet.

### 1. Use a callus remover.

"We use salicylic acid pads to remove warts, but they also work on calluses," says Joel Morse, the president of the American Society of Podiatric Dermatology. (Try Dr. Scholl's Clear Away Plantar Wart Remover.) "Don't leave them on too long, though—you could create an infection."

### 2. Start scrubbing.

Use a wet pumice stone to remove all the rough dead skin on your soles and heels.

### 3. Lube up.

Pat your feet dry and slather them with a thick lotion containing urea, which both softens and exfoliates. (Try Eucerin Intensive Repair Foot Creme.)











### **Mix Masters**

Once deemed too sweet, too stuffy, too Alexis Carrington Colby, perfectly coordinated looks are back in play.



### Color correct.

If you can't find the exact makeup match to a pair of shoes or a favorite shirt, don't freak out. "A color in the same family will still evoke a matchy-matchy feel," says makeup artist Rachel Goodwin. To make the discrepancy less obvious, avoid matte finishes and look for shimmery shadows and sheer or creamy lipsticks.

### Watch the clock.

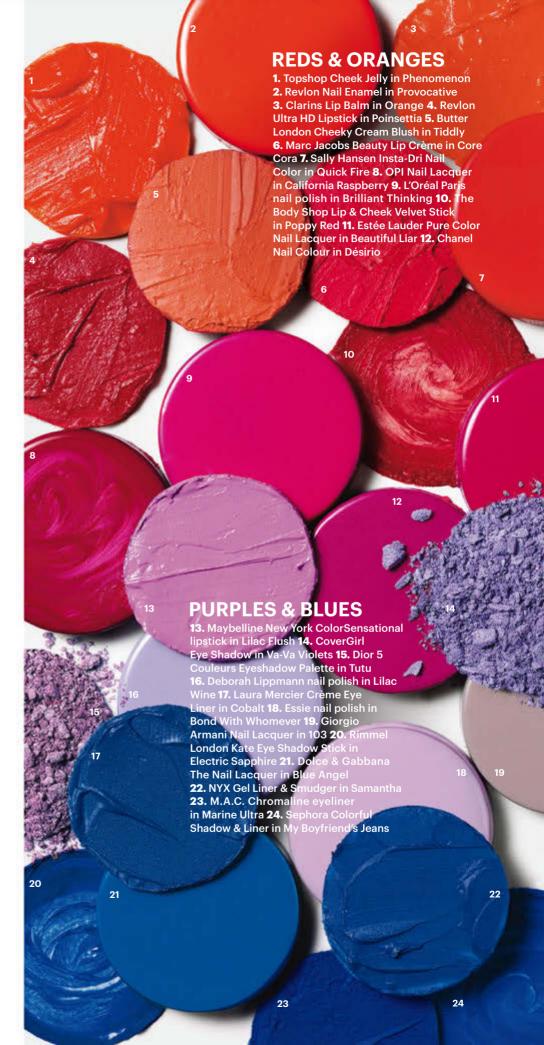
"Think about what time of day it is when you're looking for colors to match," says stylist Anita Patrickson. "If you're wearing something in the evening, it's easier to match to one of the darker colors in your outfit than during the daytime."

### Distance is a good thing.

We're not saying you can't match your lipstick to your scarf (in fact, please do), but space things out to achieve a refined look. "I love matching your lipstick to your shoes," says Page. "There's something very elegant about it, like bookends."

### Tone down the bling.

Remember what Page said about matching makeup being an accessory of its own. This means you don't need to put on a necklace or a pair of earrings. Anything sparkly, dangly, or flashy will weigh you down.



### New gel moisturizers are cool and transparent and feel like nothing on the skin. But are they all they're cracked up to be? By Meirav Devash

Applying moisturizer is usually as routine as brushing your teeth and about as mandatory. But for certain women, it's a take-a-deep-breath-and-just-do-it chore. Maybe it's because their skin is so oily that they fear compounding shine—and breakouts. Maybe it's because they hate the sensation. "I'm always surprised by how many of my patients loathe the feeling of moisturizer," says Ellen Marmur, a dermatologist in New York City.

There is an answer to this common problem: a new generation of gel moisturizers. They're free of the fatty, waxy ingredients that make creams creamy. "Gels are lighter and less greasy than traditional moisturizers and easier to spread on the skin," says cosmetic chemist Randy Schueller.





In fact, you don't have to spread them at all. "Because gels are water-based, you can just pat them on, and the moisture sinks in quickly without leaving a film behind," says Anna Prilutsky, a senior director of research and development at Johnson & Johnson. And here's the thing: Everyone really does need moisture, even if they can't stand moisturizer. "Dryness is a major cause of aging. We all talk about sun damage, but a big reason that's aging is because it damages the skin's moisture barrier," says Jeannette Graf, a dermatologist in Great Neck, New York. "Once you breach that fortress, free radicals and pollutants get in and cause wrinkles." Shiny or acne-prone skin isn't somehow magically exempt, which is why gels have the potential to be a game changer for women with oily skin-"a gel moisturizer can be all you need," says cosmetic chemist Joseph Cincotta. "Most of them deliver hydration without a high concentration of synthetic oils, like silicones, which can clog pores, cause breakouts, and block anti-aging or acne-fighting ingredients from penetrating."

ut although the new gels may look alike (translucent, a little jiggly, and usually blue), "a lot of them don't contain occlusive ingredients that hold moisture in the skin," says Schueller. That's not a problem if you have oily skin-your own oils will lock in moisture-but everyone else's "doesn't produce enough natural oils to keep the skin hydrated, and when the water from gels evaporates, it dries you out," says Cincotta. "You need a gel with polymers that create a film on top." And you're in luck: Some of the newest gel formulas have them; you just need to look for dimethicone or vinyl dimethicone crosspolymer in the top half of the ingredient list. (We like Neutrogena Hydro Boost Water Gel and Chanel Hydra Beauty Micro Sérum.) And if you have truly dry skin, the kind where your face feels tight after you wash it or it looks ashy or flaky, gels can still play a part in your skin-care act—just not a solo. "You need to layer a richer cream over the gel to trap the water and fill in the cracks that let moisture escape from dry skin," says Cincotta. Then, in as little as one week of daily application, "your skin will be plumper, smoother, and dewier."

### Tip:

If your skin looks dull by afternoon, or your concealer starts to crinkle, put a dab of gel on your fingertip and gently tap, tap, tap it over your makeup. It quickly reconstitutes dry pigments and gives skin a dewy glow without disrupting the makeup underneath.

# Ways to Use Gels

Besides instantly making skin look younger and brighter, "gels can help you get the most out of the products you already have," says Doris Day, a dermatologist in New York City. Here are three ways to use them.

As a gateway moisturizer. If you have oily skin, "you can still be parched. Inflammation from pimples and drying acne medications make things worse," says Day. A gel moisturizer sinks in quickly without adding shine. Use it twice a day, in the morning and evening, after cleansing. (And for that, Day likes gentle micellar cleansing waters, like Simple Micellar Cleansing Water and La Roche-Posay Physiological Micellar Solution, because they contain detergent molecules called micelles that suck oil out of skin like magnets.) Then apply a 2 percent salicylic acid spot treatment to any blemishes gels won't interact with acne treatments. You can also use gels to balance combination skin: Apply your usual moisturizer everywhere except the oily T-zone, where gel can hydrate skin without making it look greasy.

As a hydration booster. Around your thirty-fifth birthday, your skin starts to produce less natural oil. The trade-offs for fewer zits: wrinkles, dullness, and a weak moisture barrier that lets water escape. "Gel moisturizers that list dimethicone in the top three ingredients prevent water from evaporating from the skin," says Cincotta. (Dimethicone also smooths lines and crepey skin.) Before the gel has a chance to dry, "top it with a rich cream—look for ingredients like glycerin and ceramides—to lock in even more moisture."

As a treatment for sensitive skin. Gels can help touchy skin tolerate powerful anti-agers. Before bedtime, apply an anti-aging serum—Day likes ones with peptides, growth factors, or vitamin C, like Olay Regenerist Regenerating Serum and Obagi Professional-C Serum 10%—and then put your moisturizing gel on top. "It will make anti-aging ingredients absorb into skin a little bit slower, which cuts down on irritation," she says. Gels can also turn sensitive skin into dewy skin: Chill one in the refrigerator and it'll quickly calm redness (it works after a cheekflushing morning run, too).

### Ren Clean Skincare Instant Firming Beauty Shot

Packed with temporary

skin firmers, "this gel takes down swelling and has a tightening effect you can feel as it dries," says Cincotta. Because it has a high level of hyaluronic acid, it's a good hydrator, too.

### Neutrogena Hydro Boost Water Gel

The Super Soaker of gels gives skin a dewiness we haven't seen since high school. The source of its magic is a high-tech silicone polymer that stays on the surface and traps moisture inside—without clogging pores.

### First Aid Beauty Skin Rescue Oil-Free Gel

This has ceramides to build up the skin's moisture barrier, plus anti-agers, including niacinamide. As for breakouts? "It absorbs excess oil with zinc PCA," says Cincotta.

### Chanel Hydra Beauty Micro Sérum

This gel feels as light as water, and "the top three ingredients—water, glycerin, and propanediol—are potent hydrators," Cincotta says. Extra emollients ensure moisture stays where it's supposed to: in your skin.

### SHEER FAVORITES

These products may have the consistency of Gak, but the results they deliver are much more becoming: Plump skin, a youthful glow, and a velvety texture.

### Yes to Cucumbers

Soothing Eye Gel
This cooling eye gel has
cucumber and spirulina
to depuff bags, plus
skin firmers, like sorbitol,
to pull them
taut (for a few hours).

### Simple Ultra-Light Gel Moisturizer

Supersensitive types, this is the gel for you. There are no harsh ingredients, and it includes skin-soothing pro-vitamin B<sub>s</sub> (a gentle moisturizer).

### Ole Henriksen Invigorating Night Treatment

A mix of glycolic, lactic, and citric acids gently sloughs off the top layer of dry, dull skin. When you wake up, rinse away the gel and follow up with a moisturizer. (Might we suggest one of the five on this page?)



### SLIT SKIRT

Cotton skirt and top by Altuzarra. Leather sandals by Nina Ricci. Leather bag by Bally. Bracelet by Dior. Makeup colors: Colorful Shadow & Liner in Beige and Ultra Shine Lip Gel in Bubble Gum by Sephora Collection. Details, see Shopping Guide.



## BLANK CHECKS

Big squares, tiny grids, fuzzy lines: Eight day looks in the season's freshest gingham.













# you've created the world you dreamed of? If you're Blake Lively, you drink it $all\ in.$ By Brooke Hauser

"Sorry, can I order some food now? Because I'm starving," says Blake Lively, settling into her seat at a cozy inn restaurant near her home in Bedford, New York. It has been a few years since I last interviewed her for *Allure*, and a lot has changed. Back then, I had a breast pump stashed under the table, a detail that she remembers well. "You had just had your baby," she says. Now she's the one with a newborn: Lively and her husband, Ryan Reynolds, recently welcomed their first child, and breast-feeding has been "a full-time job," she says. "I'm, like, driving down the road, pumping."

What do you do when

It's a surprisingly personal comment, considering how carefully the actress guards her personal life. As of this meeting, Lively and Reynolds still haven't revealed their daughter's name. "It's her life," Lively says. "She should have her privacy until she chooses not to have her privacy, just as I got to choose and my husband got to choose." Even more remarkable is the



fact that, with the help of baggy clothes, Lively managed to keep her pregnancy a secret for *seven* months. When she finally did share the news, she did it on her own terms—by posting a photograph of herself cradling her obviously pregnant belly on her lifestyle website, Preserve—before the paparazzi could beat her to it.

"That was my way of owning that moment. I can't be someone like Beyoncé and be like—" she mimes throwing open a jacket and showing off her belly, a reference to Beyoncé's onstage announcement of her pregnancy at the VMAs in 2011. "But it was important for us. It was a struggle, because we want to keep our privacy, but we also don't want our lives to be exploited by other people. So we did it simply; it was a quiet way, an elegant way."

or someone who was born in 1987, Lively seems to have an awful lot mapped out—and not only in terms of husband, home, and hearth, although she considers her family to be her number-one priority. "I feel like I've figured out the most important thing to me," she says, "and everything supports that." Compared with other actresses her age, she exudes a self-assuredness that makes her seem much older than 27.

Other times, she simply seems old-fashioned. It's not just her penchant for saying "gosh" and "goodness gracious," words that seem quirky until you realize that they're part of a much larger universe of decorum and decency that guides her. When I ask if she ever wished she'd had more of a chance to sow her wild oats before settling down, Lively, interpreting the expression to be much more explicit than I'd intended it to be, balks: "Oh, my God. That is so nasty! Sowing your oats? Lord have mercy!" (We briefly discuss the idiom's etymology. "I think it's like, you know, getting around," she says.)

It's easy to see why she gravitated toward her latest role, in *The Age of Adaline*, a fable-like story about a woman who, after surviving a car accident, is rendered immortal; she passes through decades but never ages. Like her character, Lively seems to be of another era. She was already in her first trimester while shooting the film and came out of it with a new take on certain age-old preoccupations. "People are obsessed with beauty and youth and with looking and feeling young forever," she says. "But look at a woman who is granted that: She's trapped, because it's tragic to be young forever." A pause. "And also, having a child makes you realize that we pass on for a reason. You think, I have to go, because it makes room for you."

If Lively sounds philosophical, that's because lately she has given a lot of thought to the meaning of life—her life. When *Gossip Girl* ended in 2012, she took a long hiatus from acting. "I wanted to reset," she says. During that time,

she launched Preserve, where she shares recipes, spotlights artisans who make baby socks or small-batch chocolates, and invites visitors to shop the site, with a portion of the proceeds going to the charity Covenant House.

"It taps into so many of my own passions, but it also is a business that I can control. If I can be successful at this, I have security for my family and my babies," she says, already thinking in the plural. "I'm in a profession, acting, where it's really for-hire—I offer a service that people hire out. I love it, but it's not something I can control."

Lively isn't a control freak; still, she knows what she likes. She has strong opinions about what we should order for dinner, how a flourless chocolate cake should be served ("Can you make it warm?"), how to dress for the Metropolitan Museum of Art's Costume Institute Gala (aim for "daring" instead of "safe and pretty," otherwise don't bother showing up), and how to style a baby bump. As for the tight black leather pants she is wearing with a pastel sweater, they were a gift from a designer. "They don't make maternity pants that are leather—I couldn't find them anywhere—so I called J Brand and said, 'Could you guys add some elastic; is that possible?' And they did," she says proudly. "They made them for me."

In an industry that sometimes seems like an assembly line churning out starlet-widgets, Lively is singular, one of a kind. She knows quality when she sees it, and she surrounds herself with people and projects that make her proud. One of five children raised in a family of actors in Burbank, California, she grew up viewing her future career as just that—a job, not a lifestyle, though the two overlap. She landed her first big role in *The Sisterhood of the Traveling Pants* in 2005, and to this day she is still close with her three costars; they frequently get together in New York City or upstate. "Three of us have getaways, so we'll go to different houses and kick our husbands out—now we're all married women, and they all want to hang out with the girls," she says. "They start lingering in the kitchen too long, and we're like, 'Hey, beat it! It's lady time.'"

Female friendship is important to Lively, who considers a movie like *Sisterhood* a rare depiction of young women supporting each other instead of stabbing each other in the back. Of course, she might have a slightly skewed perspective, having spent five years starring as bad-girl socialite Serena van der Woodsen on *Gossip Girl*.

"People loved it, but it always felt a little personally compromising—you want to be putting a better message out there," says Lively, who found that the audience confused her with her character on TV. (She notes that young viewers were beginning to watch the show online, where they also read gossip about its stars.) "The lines become blurred. It doesn't help when everybody is dating who they're dating on the show, and you're also saying to the costume designer, 'Hey, can I take that home?'" she admits. "But it's a weird

"It's her life," Lively says of her daughter.
"She should have her privacy until she chooses not to have her privacy, just as I got to choose and my husband got to choose."



thing when people feel like they know you really well, and they don't. I would not be proud to be the person who gave someone the cocaine that made them overdose and then shot someone and slept with someone else's boyfriend."

It's a testament to Lively's acting ability that she was so convincing in the role. In real life, she's said, she doesn't drink, and she has never done drugs. Far from world-weary, she is wide-eyed. Talking about her *Age of Adaline* costar Harrison Ford, she's practically giddy. Granted, she hadn't actually seen *Indiana Jones* or *Star Wars* until Reynolds made her sit down and watch them. "My husband was so geeked out that I was working with 'Dr. Jones,'" she recalls.

ively does occasionally fangirl hard, especially in the realms of design and the domestic arts. Her fandom is essentially the foundation for Preserve, which features projects she has collaborated on with people she admires. "I call them personally: 'Can I learn to cook with you?' 'Can I learn to paint with you?' I never went to design school, but I can call a designer and say, 'Can you take this and alter it?'" she says. "I love that, because that's me getting an education."

She never went to college but dreams of attending someday. "I love learning. You could roll the dice and send me to any class, and I'd be happy," says the actress, who has taken French lessons and cooking classes in her travels all over the world. Is there a particular subject she's immersed in at the moment? She smirks. "Breast-feeding." (And, apparently, diaper changing. When I try to point out something that's gotten stuck in her hair, she interrupts: "Is it poop?" No, just a piece of fuzz.)

"Most of the things I do are allconsuming, but somehow I find a way to do it all. It's not having it all; it's about doing it all," Lively says, "but it's dangerous to dilute that to a catchphrase." Lively is doing her best to ensure that I won't print what she says out of context. So here's some more context:

"Having it all could be having a happy, healthy family, and you could be a mom who stays at home, and that is the most admirable thing you could do. Or it could be having a profession that you really believe in, and not having a family, and doing what fulfills you." What's risky is reducing anyone's lifestyle choice to a sound bite, she adds: "If it's not a part of a conversation with someone face-to-face, those bites are why women tear each other apart or why the media will tear people apart."

Lively has the good fortune of living a life as custom-made as her clothing, but she also realizes that most people don't have that luxury. "I know how fortunate I am to be able to have my babies with me—babies," she says, catching herself this time. "But I look at the big picture. Most women don't get that. There's a lot of pressure on women to be a certain thing, and there are compromises you have to make. You don't get to be with your family all the time; most women don't."

For that matter, most new moms don't snap back to bikini-body shape or look as glamorous as Gisele or Olivia Wilde while breast-feeding. Lively applauds any woman's desire to share that side of herself, if she chooses, but she also acknowledges that, as far as any photo shoot is concerned, having an entourage helps. "When we do these photo shoots, we're retouched; and we have great hair and makeup artists even when we're not retouched. It is unfair," she says. "I think it's just as frustrating to see women asked questions all the time about how they lost their baby weight and then [the media] spins that to be, 'This is the only way.' Or they make it seem like, 'You have to breast-feed and only breast-feed.' Or 'You have to give birth this way versus that way."

Speaking of babies, hers is at home with Lively's mother. The actress needs to get back soon, though it's tempting to enjoy her freedom for a little while longer. "I slept for two hours and nine minutes last night," she says. "I have a timer."

That's the thing about doing it all: It can be exhausting. But for Lively, it's worth it. "I don't believe I have to choose—who says so?" she asks. "Who says we can't do anything that we set our mind to? You may not be the best at it. You may not be the most successful. But you can try your best. That's what having it all means to me—not letting anyone tell me no but myself." •

## **BEAUTY CALL**

Lively loves a good DIY project, including beauty. "I do my own hair and makeup for a lot of events," says the actress, a L'Oréal Paris spokeswoman. "It's about trying to figure out the features you're proud of and want to highlight, rather than just painting on top of it."

What is your favorite beauty product right now? "These days I don't have time to put on any makeup, really; I cover the dark circles under my eyes. But there's a L'Oréal Colour Riche lipstick—it's a watermelon-y color that's subtle, but it pops."

#### What are your hair skills?

"I do my own hair in real life. I normally put it in a ballerina bun. If I want it to be more full, I'll first put in some mousse and blow-dry the roots up a little bit. When you take the bun out, you want to tease it with a big hairbrush to give it oomph."

Have you ever had a crazy spa experience? "I had a man ask me out. While giving a massage! It was awful! He said, 'I date young women a lot, and I would love to buy you a dress and take you out one night.' It was really inappropriate. Women are looked at as property. You'd never say that to a man: 'I'll buy you a pair of pants and take you out.' What does that have to do with anything?"

What fragrance are you wearing? "I do actually wear Gucci. [Lively is a Gucci fragrance spokeswoman.] If you're wearing a feminine outfit, you'll notice the feminine notes. If you're wearing something that's more masculine, you'll notice the wood and the leather."

Do you share beauty products with your husband? "Totally. It would be too strange for me to say, 'These are my products.' But sometimes I'll have lotion or something, and he'll be like, 'Hey, don't give me this—I want the expensive stuff.' 'It's the same stuff. I'm not holding out on you.'"

Is there a part of your beauty routine that you wouldn't let him witness? "No way. I think if you have anything to hide around the household, that's an issue. You should be able to do whatever you want."



#### With America Ferrera, Amber Tamblyn, and Alexis Bledel in The Sisterhood of the Traveling Pants

"This is one of the first scenes, if not the first scene, we shot for Sisterhood. Look how young we all are. What's amazing is we're closer than ever. Ten years later and we've still kept the friendship, and we're still trying to make movies together.







2009 At a CW event in New York City "That's a strange photo. I think I had just come back from a vacation. That might be why I'm so tan and feeling sunny. I'm wearing Lorraine Schwartz. and I was always a huge fan of hers. But I'd wear another shoe now: something fun, a different color that pops."





#### With Ben Affleck in The To

There was a little baby in this scene. She was a year and a half; she was supposed to be my baby. He slammed me up against the wall screaming at me, and then he turns to her, and she's hysterically crying. We all just stopped: that's when I really appreciated him, not only as a ector but as a man. He said, 'Stop. Whatever we got, we'll work with it.... We're not doing this to this baby."



"I loved having brown hair. You feel

totally different as a brunette. I also

respect you more with brown hair

felt completely different as a redhead. It feels liberating. People definitely treat you differently. Honestly, people



With Taylor Kitsch in Sava

"Holy cow, I was so blonde. Working with Oliver Stone—he's just iconic. As an actor, you look for great material, you look for great writers and great characters, but always the most important thing is finding a great director. I got one of my best buddies out of [that film], Salma [Hayek]."



#### 2012 At the Savages premiere in Los Angeles

"I love that dress. I think they had a Barbie with that dress. I wanted them to name the Barbie after me...but they said something like 'worn by a Hollywood actress.' But how cool would that be to show my kids?'



# With Michelle Obama at a student film

symposium in Washington, D.C.
"That was an honor, a pinch-myself moment. I thought, How did I not go to college and then have the opportunity to speak at the White House? I met [President Obama] a few months later. He's disarmingly self-deprecating and funny and charming. They're really warm people. She really took the time [that day] to talk to each person in line and to ask them why they were there and to say how appreciative she was."



With Michiel Huisman filming The

Age of Adaline "[Costume designer]

#### With Reynolds at the Metropolitan Museum of Art's Costume Institute Gala in New

"It was the first time we ever were on the red carpet together. It was scary to put yourself out there like that, but then it also seems silly to be standing five feet from each other and refusing to stand together. It's always that tricky balance of keeping our privacy but then also not being absurd. And then there's also that thing where you think, It would be nice for our kids to see a photo of Mommy and Daddy dressed up together.



#### With Reynolds at the Angel Ball

in New York City That shows how happy I was to finally get to dress like I was pregnant, after wearing big tents. That was a regular Gucci dress: when they sent it to me, they didn't even know I was pregnant. It was so stretchy, and it was baggy. It was fun to be pregnant and to feel like I could own my womanhood.



# 2014

#### With Martha Stewart at a Martha Stewart American Made event in New York City

Martha Stewart, my idol, my god. Goodness gracious. I don't know who is a bigger fan of her, me or my mother. She should have a restraining order against me. I'm so geeked out by her. She's been very kind to me. I'm verv

lucky. She couldn't be more generous. But she's Martha Stewart. I wouldn't ask for her help. It's like if you were baking cakes for your kid's class, you wouldn't call Martha Stewart and say, 'Hey, can you do this for me?' You would just be in awe of her and try to have some of her rub off on you as much as possible."







In a picture for her website. Pro "My brother took that photo—he's an amazing photographer. That moment was really neat, and I was scared to take that picture because I'm very private. I had a feeling that we weren't going to get away with our privacy for a while."



#### SHOPPING GUIDE

Cover: Jil Sander cotton shirt, \$660. Lagarconne.com. Fashion Bulletin, page 59: Hilfiger Collection denim jacket, \$560; Lurex top, \$330; denim shorts, \$490; leather shoes, \$490; belt, \$110; necklace, \$70; and hat, \$110. Tommy Hilfiger, N.Y.C. 212-223-1824. Fashion Cravings, page 60: Valentino cotton dress, \$7,990. Valentino stores. Valentino leather shoes, \$1,195, and leather bag, \$1,745, at Valentino, N.Y.C. 212-355-5811. Fashion Expert, page 66: Isabel Marant cotton top, \$210; cotton skirt, \$590; leather sandals, \$1,060; belts, \$940 to \$1,570; and bracelet, \$35. Isabel Marant, N.Y.C. 212-219-2284. Match Point, page 174: Céline Jacquard top, \$2,250, and leather bag, \$2,950. Céline stores. Page 176: Peter Pilotto lace dress, \$9.000, Net-a-porter.com.

Tod's leather bag, \$1,425. Tod's stores. Blank Checks, page 184: Comme des Garçons linen rayon coat, \$10,000; linen rayon skirt, \$560; and cotton shirt, \$420. Comme des Garcons, N.Y.C. 212-604-9200. Page 185: Altuzarra cotton skirt, \$750. Coplon's, Columbia, South Carolina. 803-790-0015. Altuzarra cotton top, \$775. Hirshleifers, Manhasset, New York. 855-411-2080. Nina Ricci leather sandals, price available upon request. Ikram.com. Bally leather bag, \$1,195. Bally.com. Dior bracelet, \$2,600. Dior stores. Page 186: Oscar de la Renta wool top, \$890, and wool-and-organza skirt, \$3,290. Moda operandi.com. Church's leather shoes, \$570. Church-footwear.com. W. Britt bracelet, \$695. Wbritt.com. Page 187: Vivienne Westwood silk dress, \$5,455. Vivienne Westwood, Los Angeles. 323-951-0021, Chanel leather shoes, \$1,350.

and ring, \$500. Chanel stores. Page 188: Sportmax cotton dress, \$1,095. Sportmax, N.Y.C. 212-674-1817. Bottega Veneta leather heels, \$980. Bottega Veneta stores. Jason Wu leather-andcanvas bag, \$3,495. S5a.com. Louise et Cie bracelets, \$108 each, Louiseet cie.com. Page 189: Tory Burch cotton cardigan, \$295, and poplin dress, \$325. Toryburch.com. Prada leather-andcrocodile bag, price available upon request. Select Prada stores. Michael Kors belt, \$395. Select Michael Kors stores. Joomi Lim cuff, \$200. Joomilim .com. Page 190: Michael Kors taffeta iacket, \$1,750, and taffeta dress, \$2,175. Select Michael Kors stores. Emporio Armani patent-leather bag, \$975. Emporio Armani stores. Chanel ring, \$450. Chanel stores. Page 191: Bottega Veneta viscose cardigan, \$1,350; viscose dress, \$5,000; and crocodile bag. \$11,900. Bottega Veneta stores. Ash + Ames bracelet, \$525. Ashandames .com. A New Life, page 193: Jil Sander cotton shirt, \$660. Lagarconne.com. Page 195: Jockey boxer shorts, \$36 for four. Jockey.com.

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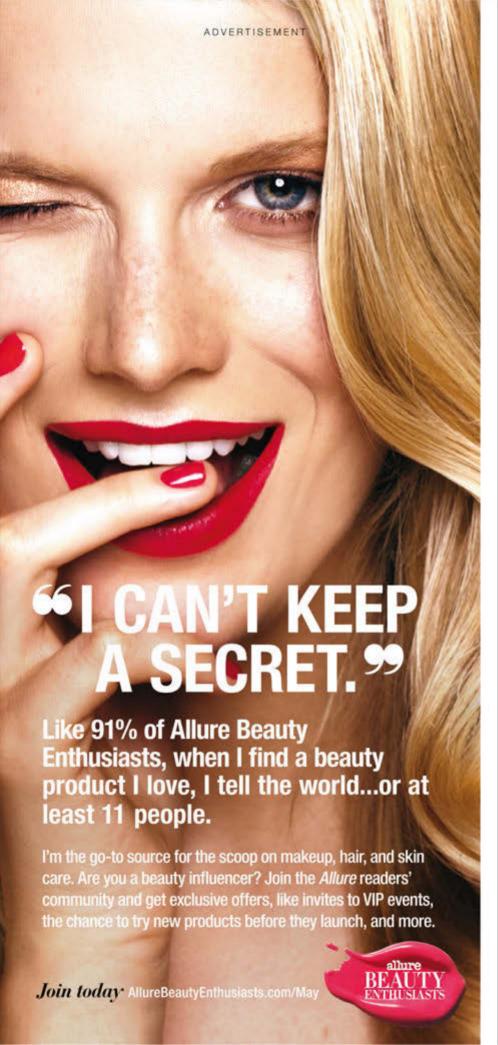
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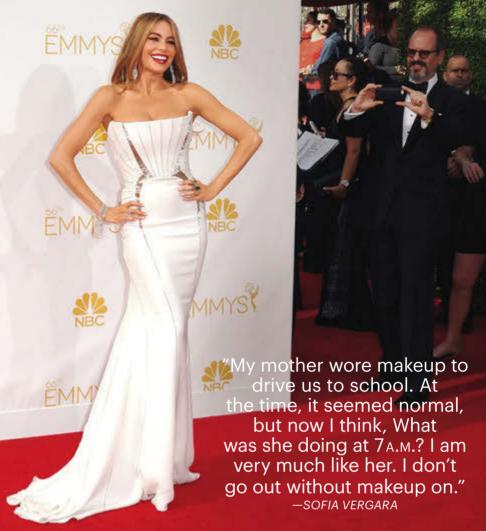




# WHAT DID YOUR MOTHER TEACH YOU ABOUT BEAUTY?

Mothers are a ripe topic for therapy, but not necessarily for the red carpet. That didn't stop us from digging deep at the Emmys, the Golden Globes, and a National Board of Review event and asking celebrities what wisdom their mothers had handed down. Some emphasized the big picture. "She told me to stand back and look at the overall thing," said Rene Russo. Others had more practical advice. "My mother told me you can never have enough blush on, and always leave the house with something on your lips," said Jenna Dewan Tatum. Melanie Griffith told Dakota Johnson to "moisturize and wear sunscreen." And Mia Farrow is a credit to her mother, actress Maureen O'Sullivan. "My mother always said, 'Don't follow any fashion," Farrow recalled. "'If vou're never fashionable, vou'll never be out of fashion." - JEFFREY SLONIM

Photographed by Patrick McMullan



I HEARIN

